the Color Issue!

Better Homes and Gardens®

FEBRUARY 2010 BHG.COM

from the heart

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20 Can-Do Habits for a Healthy Heart

> Sandwich Cookies with Easy Fudge Filling Page 174

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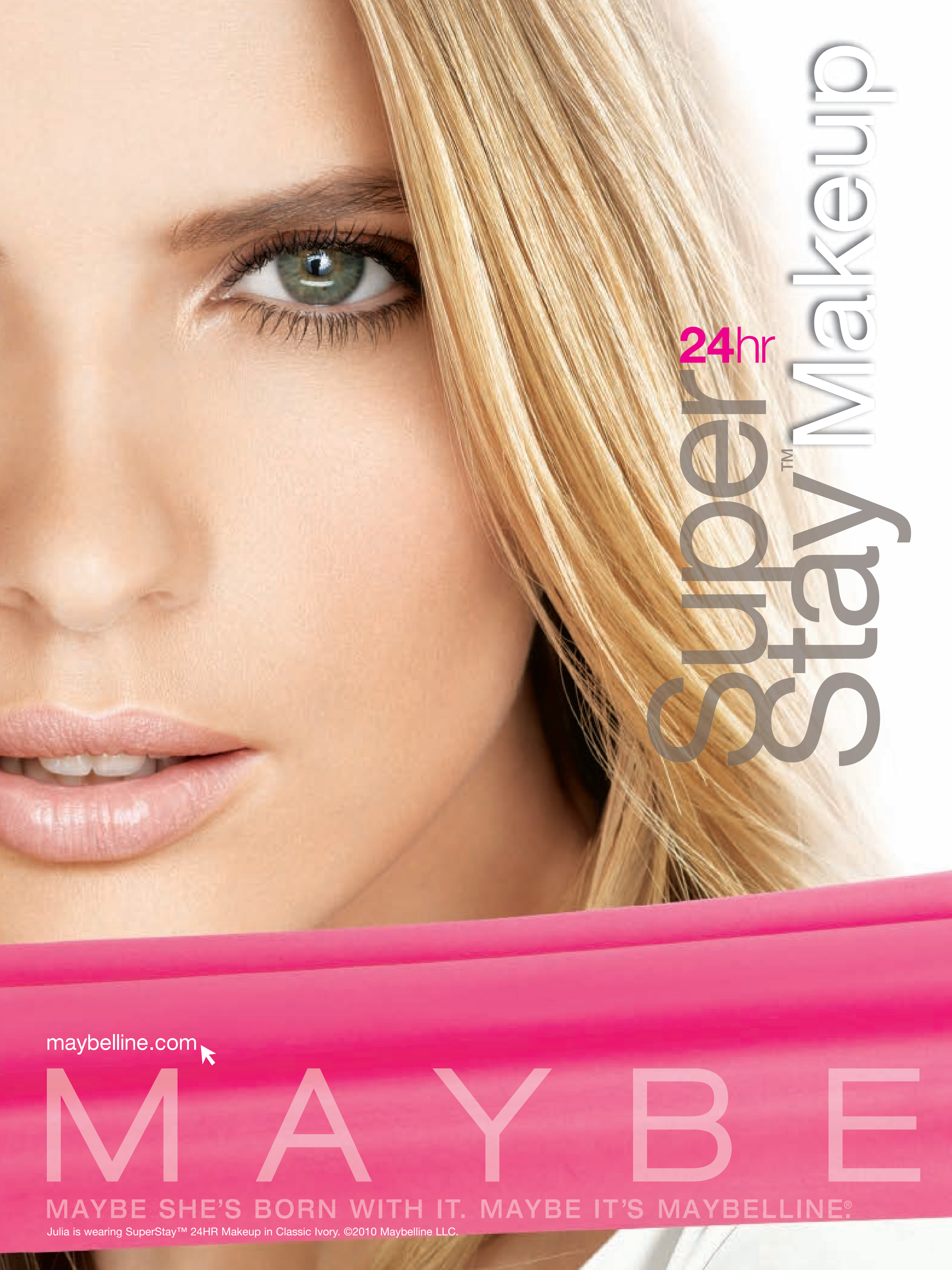
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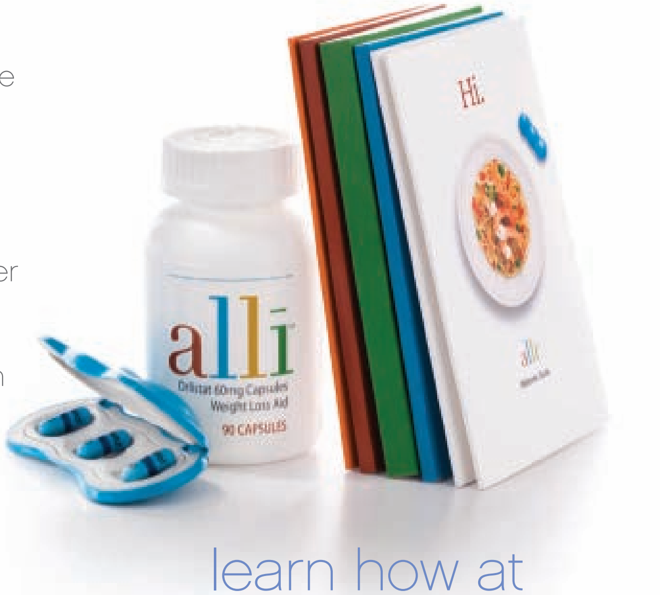

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VOLUME 88, NUMBER 2

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Bulbs and perennials play well together.

This spring, note where daffodils, tulips, or other bulbs might put a splash among emerging perennials, then tuck them in there come fall. Later, your perennials will camouflage the faded bulb foliage. We have gorgeous combos for you to try, *page 100.*

VOLUME 88, NUMBER 2

letters BETWEEN FRIENDS

As our annual color issue, February's *Better Homes and Gardens* is always full of beautiful hues. But my letter this month focuses on just one color: red, the signature hue of the American Heart Association's "National Wear Red Day" February 5.

Wear Red Day (*goredforwomen.org*) brilliantly raises awareness of heart disease: awareness that heart disease is the No. 1 health threat to women. Awareness that it affects us differently than men. And, awareness that we can greatly lower our risks by the way we live.

Our special feature "Love Your Heart," *page 185,* tells how. It's a mini-guide to heart-wise choices, with the latest advice on how to eat, exercise, and live for a healthier heart. Most of these actions start at home, as part of the lifestyle we create for ourselves and our families. Please take a look. I know you'll find at least one change that's easy to make right now.

Even as our editors worked on this section, the importance of prevention became very real to my own family when my 22-year-old daughter—a fit, non-smoking pescatarian—learned she has a heart valve anomaly that puts her at higher risk. I'm grateful she did what many women hesitate to do; she got symptoms checked out by a physician (and in plenty of time to take action).

In a sense, she's a lucky one, knowing she has a compelling reason for lifelong heart-health habits. The truth is that we *all* do. Join me in wearing red February 5—and in making choices that add up to a healthier life.

I hope you'll enjoy all the colors in this issue, and the smart, inspiring ways to use them. There's no quicker way to bring a fresh look and spirit to your life at home.

Gayle

Gayle Goodson Butler, Editor in Chief

PHOTO: KATHRYN GAMBLE

Proud to Wear Red
Heart-health stars from our staff, left to right **Amy Davis Deering:** teaches a spinning class **Kelly Kegans:** training for her first marathon **Cindy Murphy:** monitors her heart rhythms **Me:** 5-a-day fruit and veggies **Erin Simpson:** healthy-eating advocate

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**New England Journal of Medicine, July 2008. Two-year study reports 50% greater weight loss and improved cholesterol on a low-carb vs. low-fat diet.

"Wish I could send you a picture of my December magazine—sticky notes on at least 20 pages, highlighted Web sites I'm planning to visit, and page corners turned down for recipes to try and share. The article 'Wrap This, Top That' was terrific."

Karen Carvalho, Sanger, CA

The December issue cover reminded me of so many happy Christmas Eves with our dear neighbors, Jack and Lil. They always had us and the kids over, and she served her wonderful cookies and treats. Lil and I remain best friends and stay in close touch, especially at Christmas time.

Alice Stagner, Montgomery, TX

Please extend my appreciation to those who put together the Holiday Gift Guide ("Joy of Giving: 35 Great Gifts Under $35"). So many affordable and desirable items in one convenient place—yippee!

Ann Faulkner, Duncanville, TX

I have been a subscriber for many, many years, and the December issue was by far the best. I read it from cover to cover with great enjoyment. Keep up the good work.

Della R. Hall, Coon Rapids, MN

For months I have been wanting to communicate to you the joy I find in your magazine. I delay opening it because I know I will read it all in one sitting. This is no simple feat! The magazine is so charming, offering such a variety of topics.

Pamela S. Verdi, Whiting, NJ

My sister and I spent our first Thanksgiving together in 20 years. She had given me a gift subscription to BHG, and I suggested we make the Pumpkin Pie Cheesecake ("Easy Holiday Baking"/November). I made the gingersnap crust and Gerri prepared the filling. "This could be a new family tradition," my sister said. We laughed as we reminisced about Thanksgivings past. The experience of sharing thoughts, ideas, and memories were the best ingredients. We both thank you!

Kathie Organ, Santa Barbara, CA
Gerri Crelot-Hough, Sedona, AZ

A budget tip in November's Money News about possibly saving money on home insurance because market values are lower is misleading. Homes should be insured for their replacement cost.

Anne Huber, Austin, TX

Thanks, Anne. We should have stressed that homeowners always ensure that they're covered for the cost to rebuild.

CORRECTION: On page 32 of the December issue, the Web site to receive the Livio Radio discount was incorrect. BHG readers get $50 off (while supplies last) through *livioradio.com*; enter coupon code "HG."

a: We asked: How do you keep your holidays fresh?

Over the years we have decked out our home with traditional decorations, but some of our new displays have significantly more meaning for us since we just completed our second adoption in Russia. Our family room tree is decorated with Matryoshka dolls and Faberge-inspired glass eggs, and we have a collection of Russian Santas on the mantel. It's beautiful and reminds us of what's important.

Michelle McCann, Pittsburgh, PA

Every year we get together with our brother and sisters and my mother-in-law and cousin for a theme dinner. No one knows what it is until they get their letter telling them what to make. Everyone looks forward to it. This year's theme was Christmas in New England

Mary Kay Sheley, Brockport, PA

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February's chill makes feeling cozy a challenge, so turn to BHG.com for ways to warm the look of your home as well as the hearts of those you love.

add color inside and out

After reading our 30 tips for using and choosing color in your home on *page 65*, try out a few hues with our Color-a-Room feature! Choose and apply colors and patterns to walls, furniture, and flooring, then save your rooms and print them out.
BHG.com/coloraroom

After brightening your indoors, plan to bring a rainbow of flowers, trees, and other plants to your yard this spring with our guide to using color in the garden.
BHG.com/colorfulgardens

Brighten Your Yard with Bulbs

We took you to Holland, bulb capital of the world, on *page 100* to show how to give perennials a boost by mixing them with dazzling tulips, daffodils, and other spring bulbs. Learn all about your favorite bulb varieties in our Plant Encyclopedia.
BHG.com/gardenbulbs

Make quick, delish dishes for your heart

Our special section on heart health gives you all the news you need to maintain a healthy, happy heart. One important thing to do: Keep your cholesterol low. But can you do that and still make easy, delicious meals? You bet! These 26 heart-smart recipes are sure to please even the pickiest of palates.
BHG.com/heartsmartrecipes

yum yum!
create a cookie online

"Fresh Now," beginning on *page 19*, is packed with great Valentine's Day projects and ideas. Here's another way to say "I love you": a heart-shaped cookie you decorate yourself—and e-mail! Create-a-Cookie lets you draw icing and add sprinkles to make a virtual treat for your love. And if you like the look of your cookie so much that you want to make it real, check our cookie recipes.
BHG.com/createacookie

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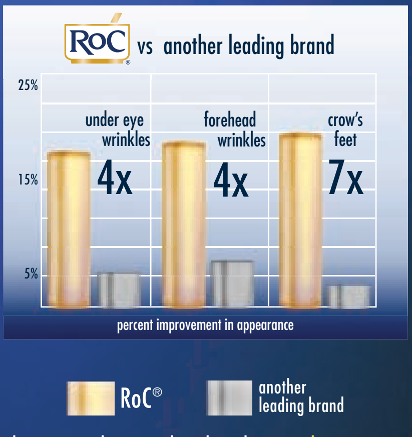

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fresh

IDEAS FOR LIVING WELL

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love notes

This Valentine's Day, organize a sweet surprise for a friend. "Shower someone with love and good wishes, and ask all of his or her friends and family members to send cards that day," says Debbie Tenzer, author of *Do One Nice Thing*. Include a heartfelt thought such as "You inspire me" or "Just hearing your voice makes me happy."

Produced by KELLY RYAN KEGANS and JESSICA THOMAS

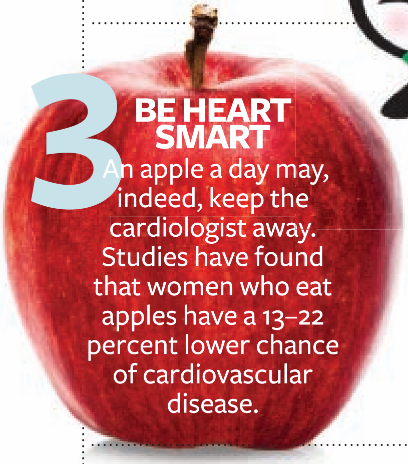
things to do this month...

1 PAY IT FORWARD

Random Acts of Kindness week begins Feb. 15. Make a powerful yet simple gesture to a stranger: Pick up the tab for the car behind you in a drive-through or the person behind you at the coffee shop. Sometimes the best ideas are free. Offer to babysit for new parents, help an elderly neighbor by shoveling snow, or smile at every person you meet for one day.

2 CELEBRATE BLACK HISTORY

Join the National African American Read-In on Feb. 21. Coordinate or join a group at your local library, school, or bookstore, and choose a book by an African-American author. Get together and discuss the book, then share your book selection and the group's attendance online at *ncte.org/action/aari.*



3 BE HEART SMART

An apple a day may, indeed, keep the cardiologist away. Studies have found that women who eat apples have a 13–22 percent lower chance of cardiovascular disease.

4 GO FOR THE gold

The games begin on Feb. 12 with the opening ceremonies of the Winter Olympics in Vancouver. Visit *nbcolympics.com* for broadcast times to catch the five most-watched events: figure skating (competitions begin Feb. 15), downhill skiing, bobsledding, hockey, and the luge. The top U.S. gold medal contenders—Shaun White, Shani Davis, Gretchen Bleiler, Lindsey Jacobellis, and Lindsey Vonn—will compete in snowboarding, speed skating, and alpine skiing.

Q&A

What's the best way to make cut flowers last longer? Flowers need clean water to keep stems healthy and blooms lasting. For the best results, cut stems with a sharp knife by ½ inch and change the water daily.

—International Cut Flower Growers Association

INDISPENSABLE: PRETTY VASE

Fresh flowers might be a short-lived luxury, but a stylish vase can be admired and enjoyed year-round for any occasion. Suzanni Double Flare earthenware vase in sky blue, $38; *magenta-inc.com*

CONTRIBUTORS: JEANNE AMBROSE, KATHY BARNES, BERIT THORKELSON, ERIN WYLIE. PHOTOS (VASE): ADAM ALBRIGHT; ("MIGA" MASCOT) © VANOC/COVAN

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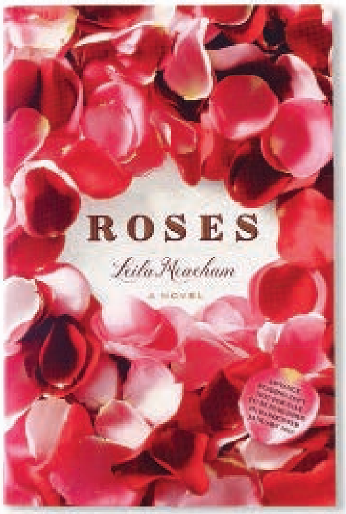
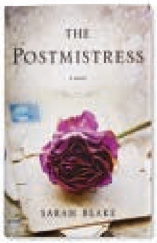
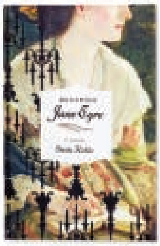
blogged...

ACREATIVEMINT.TYPEPAD.COM Leslie Shewring illustrates inspiring color combinations in "Vignettes of Color" on her blog. Using everyday items, such as buttons, papers, and cuttings from the garden, Leslie photographs still-life objects and shares tips about how she adds color to her home.







romantic reads

Roses by Leila Meacham. Set in a small East Texas town, this enthralling story of love and betrayal explores the "curse" of the Tolliver family and a beautiful woman's surprising gift to her beloved granddaughter.

The Postmistress by Sarah Blake. Three women—a village postmistress on Cape Cod, a young doctor's wife, and a radio journalist covering the war in Europe—connect through a crucial letter in this novel set in 1940.

Becoming Jane Eyre by Sheila Kohler. Brontë fans will adore this imagined tale about the three Brontë sisters (Charlotte, Emily, and Anne) and how Charlotte plucks emotional threads from her own life to create a timeless heroine, Jane Eyre.

3 super bowls

Nothing short of over-the-top chili will satisfy hungry fans huddled around the screen on Super Bowl Sunday (Feb. 7). Put our chili recipe (*BHG.com/basicchili*) in the lineup with a variety of toppings, and you're sure to score.

TEX-MEX Tackle a Southwestern topping with cheesy quesadilla wedges, cilantro, sour cream, chopped tomatoes, and a squeeze of zesty lime. Serve it in this Soup and Sandwich ceramic tray combo; $30 (set of 2); *uncommongoods.com*

ALL-AMERICAN Flaunt the flavor of a burger joint with a mini bun, sliced cheese, lettuce, pickle, and a tomato.

LATIN Top this one off with sultry smooth avocado slices, sweet mango chunks, and chopped red onion spiced up with a dash of cayenne.

PHOTOS (CHILI BOWLS, BOOKS): ADAM ALBRIGHT; FOOD STYLING: JENNIFER PETERSON

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PICK OF THE MONTH

$16 message in a bottle

Float your handwritten love notes in these glass vessels. Here we cast messages—jotted on blank scrolls—on a rolling sea of paper cutouts. Hide the bottle in a place where the object of your affection is sure to look, such as a sock drawer or medicine cabinet. $16 each; *anthropologie.com*

PASSING NOTES

Here are a few more clever, quick, and easy ways to express yourself.

TOAST OF THE TOWN Use this handy stamp to deliver a mealtime message. I Love You Toast Stamper, $4.95; *bakeitpretty.com*

MOO-VE SOMEONE No time for hand-lettering? Moo creates customized cards bearing personalized messages and photos. 100 mini Moo cards, $20; *us.moo.com*

TASTY ENDING Share some fortune with these chocolate-dipped cookies that have a love note or friendship message tucked inside. Emily's Fortune Cookies, $5; Target stores (beginning mid-January)

BY ERIN WYLIE AND JEANNE AMBROSE; PHOTOS: ADAM ALBRIGHT

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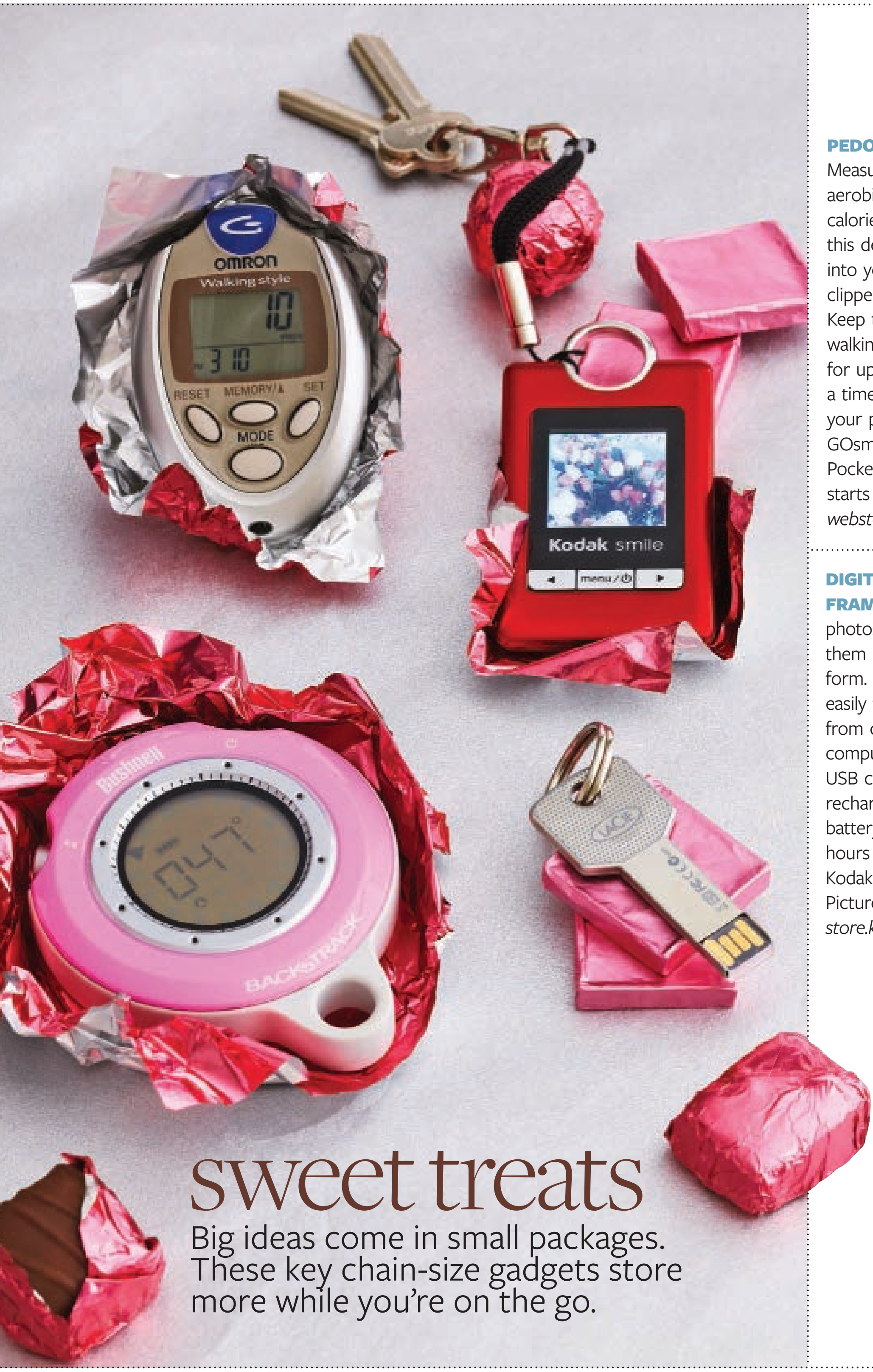

sweet treats

Big ideas come in small packages. These key chain-size gadgets store more while you're on the go.

PEDOMETER Measure your steps, aerobic activity, and calories burned with this device tucked into your pocket or clipped on a bag. Keep track of your walking workouts for up to a week at a time to gauge your progress. GOsmart Omron Pocket Pedometer, starts at $35; *omronwebstore.com*

DIGITAL PICTURE FRAME Keep 100 photos and display them in slide show form. Images are easily transferred from camera or computer with a USB cable. A rechargeable battery allows two hours of brag time. Kodak Smile Digital Picture Frame, $30; *store.kodak.com*

FLASH DRIVE This clever USB flash drive lets you carry your digital files right on your key chain. It's also water- and scratch-resistant. LaCie iamaKey USB Flash Drive, starting at $22 for 4GB; *lacie.com*

GPS With the push of a button, this global positioning device records a location (car, meeting spot, hotel, walking trail) and then navigates you back to that starting point. The device also has a digital compass. Bushnell BackTrack, $70; *bushnell.com*

MINI CAMERA Snap pictures using real film with a simple knob and one-click shutter. Print 3x5 or 4x6 retro-style pictures. Ikimono 110 camera, $20; 110 film (2 rolls color, 24 exposures each), $7; *brooklyn5and10.com*

BY LAURA HELLER; PHOTO: ADAM ALBRIGHT

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share the love

Stylemaker Matthew Mead makes our hearts race with simple handmade gifts.

by KATHY BARNES
photos HELEN NORMAN
produced by MATTHEW MEAD

SWEET EATS Put your heart in hand with this treat. Start with a box of chocolate wafer cookies. Place a heart-shape mylar stencil on the cookie, then "paint" the exposed surface with a thin layer of piping gel, using a small paintbrush. Dust the gel with edible glitter. (Find gel and glitter at a baking supply store or **wilton.com**.)

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LOVE NOTES Inspired by fortune cookies, Matthew tucks a note into each of these sugar cones before sealing with a stack of meringue cookies. "It's the little gestures that make the holiday sweet," Matthew says.

how to make it

Send a secret message to your loved one with a cone of the non-drippy variety.

1. CHOOSE YOUR WORDS Print love fortunes on paper and cut them into strips. Roll and tuck a note in the bottom of a cone. Matthew likes to sprinkle a few nonpareils inside as a surprise.

2. MAKE COOKIE "SCOOPS" Using a pastry brush, coat the bottoms of two store-bought meringue cookies with melted chocolate chips and stick them together.

3. SEAL YOUR NOTE Coat the top inside of the sugar cone with chocolate, then set the meringue cookies on top. (Allow the chocolate to set before giving or eating.)

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NATURAL
Jif
CREAMY

PAPER BOUQUET "Handmade cards are such a simple and honest way to express your love," Matthew says. Start with card stock, then add leaves and stems cut from green paper. Create blooming frames using a paper muffin liner and a photo.

OPEN COMMUNICATION Place your gift in a votive holder, top with a paper muffin liner, and tie with a colorful string. Try one of these ideas for giving: movie tickets, flavored lip balms, or a favorite poem.

"Take stock of what you have in your pantry," says Matthew. "Cookies, ice cream cones, paper muffin liners—these kitchen staples are all you need to make something really special."

For buying information see page 220.

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color *made* easy

beyond beige

A family who once knew only neutrals settles into a comfort zone with fresh, livable colors.

by KELLY RYAN KEGANS photos EDMUND BARR produced by LAURA HULL

Benjamin Moore
1299-Crimson

C2 Paint
410-Shiitake

"I wanted there to be a surprise," says color consultant Philippa Radon about the terra-cotta-painted ceiling she suggested for the Corshen-Klubecks' living room, *left*. The earthy colors are inspired by hues traditional to Spanish-style homes such as the family's, *below*.

making color decisions

was never easy for Nancy Corshen and her husband, Rich Klubeck. Like many people, they worried about making a mistake on their walls and defaulted to neutrals. "We have always been very cautious about color," Nancy says. "We're just not confident."

But when the family moved into this Spanish-style house in California, they decided to liven things up. With three children, frequent dinner guests, and pets who spill in and out of the home, the couple wanted walls that speak both to their grown-up style and a family that's still growing up. They turned to designer Sasha Emerson and color consultant Philippa Radon to help them conquer their color phobia.

When Radon reviewed photos of the family's former home, she noticed that, while there was an absence of color on the walls, their furniture told a different story. Radon took color cues from the sage green sofa in the living room, red patio set, and light blue-and-cream striped sofa in the family room. "I pushed Nancy and Rich to make bold choices with wall color," Radon says. "They're a young family, and I wanted to lead them to colors with a certain elegance and energy to them."

Now, family and friends kick up their feet and enjoy one another's company in the living, family, and dining rooms, where walls are awash in earth-baked hues. Upstairs, bedrooms have an easier feel, with a calm palette of cool blues and greens. "Philippa made us more daring in some rooms," Nancy says, noting the living room's terra-cotta-painted ceiling. "We love it," she says with new-found color confidence. "All the colors in the house make everything warmer, and it just looks better."

Nancy Corshen (with son Zach) used her patio furniture as one of the color inspirations for the home's combination of warm rust, sage green, ocher, and blue-gray.

The combined kitchen and family room, *this page*, is the hub of daily life. "We start the day in here planning lunches and end up here for homework and casual meals," Nancy says. Designer Sasha Emerson chose sage green, khaki, and hits of soft turquoise (behind the bookshelves and on the sofa) to echo the backyard views and to withstand wear and tear in this all-purpose space. "We knew that whatever happened in there had to relate to the outside, because there are windows all over the room," she says. The family often pushes open the doors in the adjacent dining room, *opposite*, to entertain friends on the back patio. The room's pale gray-painted walls are a cool counterpoint to the dark-stained furniture in a "sophisticated but not heavy" way, Radon says. "The walls have a bit of luminosity to them that makes the room very elegant."

Allbright Paint
AB-148 Portico

Allbright Paint
AB-150 Cap Stone

"People always comment about the colors in our house and the way they work from room to room. Mostly, we wanted everything to feel very warm and comfortable, so these muted tones work. It's all very livable."

NANCY CORSHEN

Mythic Paint
145-2 Cirrus Cloud

“You want a restful quality in the bedroom; you don’t want to go trendy or have things that keep you awake. We wanted simple, clean, and light.”
DESIGNER SASHA EMERSON

“We were going for a serene Spanish abode,” Nancy says of the master bedroom, *above*, where she often steals away from the “chaos of the house.” Radon chose a color for the walls that mimics stone. “It has a good yellow base that adds warmth to the room even though it’s a neutral,” she says. Sisters Hannah, 11, and Olivia, 8, both love turquoise and helped create the color scheme and decor in their shared bedroom, *right*.

For buying information see page 220.

Benjamin Moore
766-Delano Waters

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citrus

Hues inspired by pink grapefruit and blood oranges are a zesty antidote to the winter blahs.

BROAD STROKES
PITH
A barely-there blush you can use in place of white. Iced Shrimp B25-4; **dutchboy.com**

BROAD STROKES
ORANGE PEEL
Try it over magnetic primer as a backdrop for kids' art on a playroom wall. Cantaloupe Slice 260B-5; **behr.com**

SMALL STROKES
SHERBET
Splash this above wainscoting in a bath for the feel of an island getaway. Juicy Nectarine 07B5; **truevaluepaints.com**

SMALL STROKES
RUBY RED
This color is for the bold. Use it to wake up the back of a bookshelf. Ultra Orange 2010-3; **valspar.com**

SMALL STROKES
JUICY FRUIT
Brush this luscious hue on a side table or the legs of an upholstered bench. Sweet Tangerine A13-6; **acehardware.com**

BY JOANNA LINBERG; PHOTO: JAY WILDE; PRODUCED BY JESSICA THOMAS; MARKET EDITOR: APRIL HARDWICK

Citrus colors are youthful, lively, and sassy. On the wall, they say, "The person who lives here is full of warmth and energy."

Glidden, from Home Depot GLO13 Peach Crayon

Costa Rica dinnerware, starting at $25 for set of 6 mugs; **ttustore.com** Amanda pillow in orange, $40; **robertarollerrabbit.com** Spray and solid perfume, $22 and $9; **pacificaperfume.com** Maisie placemat and Citrus napkin, $6 and $7; **crateandbarrel.com** Atticus rug, $349 for 3'×5'; **angelaadams.com**

fruit punch

"Citrus colors are appealing because you can taste and smell the colors just by looking at them," says San Francisco-area color consultant Kelly Berg. Here are her tips for choosing and using these bold hues.

RIPE PICK When you're facing a wall of paint chips, go with your gut. "Pick out the citrus colors you're most attracted to, the ones that make you feel best," says Berg. Then, alter them slightly to coordinate with flooring, lighting, and furniture.

EXPERIMENT With a few chips you love in hand, look at less-saturated chips. "Most likely you'll find that a muted version—one that looks almost too muted on a chip—will work best," Berg says.

COOL DOWN To put a chill on bright citrus hues, "add a splash of turquoise," says Berg. "It's like adding water to fire—a perfect balance." Or for a sophisticated look, pair rich grapefruit with dark chocolate. Pair it with soft yellow for a young, cheery look.

PHOTOS: (PORTRAIT) VANESSA STUMP; (ROOM) GREG SCHEIDEMANN

Not having to give up the things I love?
sweet!
Very Strawberry Shortcake
Strawberry Filling
3 cups sliced fresh strawberries
2 tablespoons SPLENDA® No Calorie Sweetener, Granulated
2 teaspoons balsamic vinegar
Shortcakes
2 1/2 cups reduced-fat biscuit mix
1/3 cup SPLENDA® No Calorie Sweetener, Granulated
1 cup plain fat-free yogurt
1 1/2 teaspoons vanilla extract
Prep Time: 15 Min.
Cooking Time: 15 Min.
Serves: 12
fat-free frozen whipped topping, thawed (optional)
mint sprigs (optional)
Strawberry Filling Directions: Stir together strawberries, 2 tablespoons SPLENDA® Granulated Sweetener and balsamic vinegar; let stand 1 hour, stirring occasionally.
Shortcake Directions: Preheat oven to 425 degrees F.
1. Combine biscuit mix and 1/3 cup SPLENDA® Granulated Sweetener in a large bowl.
2. Stir together yogurt and vanilla; add to dry ingredients, stirring just until moistened.
3. Turn dough out onto a lightly floured surface, and knead 3 or 4 times. Pat dough to a 1/2-inch thickness. Cut with a 2 1/4-inch round cutter, reusing dough scraps, if necessary. Place shortcakes on an ungreased baking sheet. Bake 12 to 15 minutes. Serve warm with sliced strawberries. Garnish, if desired.
Nutrition Info (per serving) Serving Size: 1 shortcake, 1/4 cup strawberries
Calories 120 | Calories from Fat 5 | Fat 1g (sat 0g) | Cholesterol 0mg | Sodium 350mg | Carbohydrate 25g | Fiber 2g | Sugar 6g | Protein 4g
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color made easy

dream room

A restful palette, cozy bedding, and the right nightstand will make your bedroom a cocoon of color and comfort.

by AMY PANOS photos ADAM ALBRIGHT produced by MEREDITH LADIK

GET THE BLUES
A one-color scheme is easy on the eyes and easy to pull off. Just vary the intensity of the color by keeping walls a couple shades lighter than bedding.

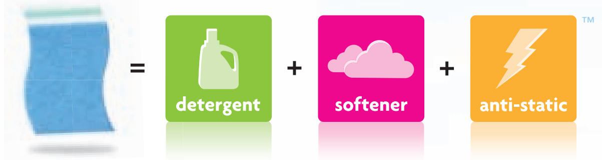
IN THE BAG
Bed-in-a-bag sets are a good value but can look too perfectly matched. Easy fix: Pop a second set of shams in back and a fun accent pillow in front.

PRETTY NEAT
Stash magazines and paperbacks in colorful document boxes. Use ceramic cachepots and bowls to hold jewelry and eyeglasses.

QUIET PLEASE
Bold pattern on both the walls and bed calls for a light touch with accessories. A clear glass lamp and artwork in white frames are quietly elegant.

FREE SAMPLE
at TRYPUREX.COM

IT'S LIKE IF BREAD CAME SLICED, TOASTED AND PRE-BUTTERED.



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Good Housekeeping

DOUBLE TAKE
A reversible comforter gives two looks for the money and a nice shot of color when the top is folded down.

SMART MOVE
A sconce frees up nightstand space and swings overhead for reading. Best, this one is plug-and-play—no electrician needed.

MATCH GAME
A mix of colors stays restful when they're all more or less the same intensity. Here, the wall color comes from the lilac detail in the comforter, and the shams and bedside table are the same apple green.

GROWN UP
Pastels can slip into kiddie territory. If that's not your goal, cut the sweetness with plenty of neutrals—a braided rug, an oatmeal-color throw, and woven baskets.

MULTI PURPOSE
A petite computer desk makes a function-packed nightstand. Tuck away lip balm, remote controls, and other necessities on the pullout keyboard tray, *right*.

Halfway through our 3-mile walk I got tired.
You carried me home.

That's a good human.SM

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BACK TO BASICS
You can't get more versatile than this: a white coverlet, "wow" shams, and a same-color blanket. Need a new look? Just change the shams and blanket.

GO ROUND
A tiered table borrowed from the living room makes a handsome nightstand. Ideal bedside height is 24 to 30 inches, same as most side tables.

NIGHT LIGHT
Try a small-scale chandelier over the bed, about where you would hang a sconce. Soften the bare bulbs with clip-on shades, just a few dollars each.

MAKE A CASE
To update your bed on a budget, focus on what shows. Keep your sheets but buy new cases with a color border. They freshen the look of any bed.

LIGHT
Silk
CHOCOLATE
Nature's Perfect Protein
100% WHOLE HARVESTED
Pour on the power of
90 crave-able calories.
Made from one of Nature's Perfect Proteins and blended with rich chocolate flavor, Silk Light is as appetizing as it is energizing.
Silk® Strength in Every Pour™
Also available in Vanilla and Original
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Slumber in style with our best picks for a colorful bedroom.

SOFT MODERN

Cardiff Euro Pillow, $40; **jcpenney.com** Branches French Blue Bedding Set, $130; **shop.bhg.com** Unison Track Roll Pillow, $38; **designpublic.com** DwellStudio Silver Lake Nightstand, $140; **target.com** Phantom Table Lamp, $100; Battery-Operated Smart Candle Light, $10; **cb2.com**

FRESH COTTAGE

Ravenna Comforter Set by Amy Butler, $200; **bedbathandbeyond.com** Paper Cloud Poppies Pillow, $82; **velocityartanddesign.com** French Country Computer Desk, $229; **homedecorators.com** Plug-In Portfolio Swing Arm Sconce, $40; **lowes.com** HoMedics SoundSpa Fusion Clock Radio, $50; **shop.bhg.com**

LIGHT TRADITIONAL

Matine Toile Sham, $50; Basketweave Throw in Pineapple, $80; **potterybarn.com** Crochet Wool Ivory Pillow, $68; **pineconehill.com** Sophia Matelassé Coverlet, $68; Oberlin Table, $159; **thecompanystore.com** Portfolio Chandelier, $50; Chandelier Shades, $6 each; **lowes.com** Bedside Bottle and Glass, $16; **bluehouselife.com**

For buying information see page 220.

Like any intimate relationship, treatment for your vaginal discomfort after menopause doesn't have to be superficial.

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PREMARIN Vaginal Cream restores vaginal tissues after menopause, to help relieve dryness and even painful intercourse. If you've gone through menopause and are experiencing vaginal dryness and discomfort, you might want to learn more about PREMARIN Vaginal Cream. Menopause can cause changes in vaginal tissue, resulting in uncomfortable symptoms. PREMARIN Vaginal Cream treats the underlying cause of these symptoms and can restore the tissues that provide elasticity and lubrication. And you don't need to keep using it forever; just as long as you need treatment.

Important Safety Information

What is the most important information you should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Estrogens may increase the chance of getting cancer of the uterus. Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your health care provider should check any unusual vaginal bleeding to find out the cause.
- Do not use estrogens with or without progestins to prevent heart disease, heart attacks, strokes, or dementia. Using estrogens, with or without progestins, may increase your chance of getting heart attacks, strokes, breast cancer, and blood clots. Using estrogens, with or without progestins, may increase your chance of getting dementia, based on a study of women age 65 years or older. You and your health care provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream.

PREMARIN Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and painful intercourse caused by these changes.

PREMARIN Vaginal Cream should not be used if you have unusual vaginal bleeding, have or had cancer of the breast or uterus, had a stroke or heart attack, have or had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant. Most common side effects include headache, infection, abdominal pain, back pain, accidental injury, and vaginitis.

Please see Patient Information inside. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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PREMARIN® (conjugated estrogens) 0.625 mg/g
VAGINAL CREAM

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HELP RELIEVE AND RESTORE WHAT'S YOURS

PATIENT INFORMATION

PREMARIN® (conjugated estrogens) Vaginal Cream

Read this PATIENT INFORMATION before you start using PREMARIN Vaginal Cream and read what you get each time you refill your PREMARIN Vaginal Cream prescription. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms and their treatment.

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Using estrogens, with or without progestins, may increase your chance of getting heart attacks, strokes, breast cancer, and blood clots. Using estrogens, with or without progestins, may increase your chance of getting dementia, based on a study of women age 65 years or older. You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream.

What is PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones.

What is PREMARIN Vaginal Cream used for?

PREMARIN Vaginal Cream is used after menopause to:

- **Treat menopausal changes in and around the vagina.** You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream to control these problems.
- **Treat painful intercourse caused by menopausal changes of the vagina.**

Who should not use PREMARIN Vaginal Cream?

Do not start using PREMARIN Vaginal Cream if you:

- **Have unusual vaginal bleeding.**
- **Currently have or have had certain cancers.**

Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.

- **Had a stroke or heart attack.**
- **Currently have or have had blood clots.**
- **Currently have or have had liver problems**.
- **Are allergic to PREMARIN Vaginal Cream or any of its ingredients.**

See the list of ingredients in PREMARIN Vaginal Cream at the end of this leaflet.

- **Think you may be pregnant.**

Tell your healthcare provider:

- **If you have any unusual vaginal bleeding.** Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- **About all of your medical problems.** Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **About all the medicines you take.** This includes prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREMARIN Vaginal Cream works. PREMARIN Vaginal Cream may also affect how your other medicines work.
- **If you are going to have surgery or will be on bedrest.** You may need to stop using PREMARIN Vaginal Cream.
- **If you are breast feeding.** The hormones in PREMARIN Vaginal Cream can pass into your milk.

How should I use PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.

- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you.
- Estrogens should be used at the lowest dose possible for your treatment only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream.

1. Remove cap from tube.
2. Screw nozzle end of applicator onto tube.
3. *Gently* squeeze tube from the *bottom* to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
4. Unscrew applicator from tube.
5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.

TO CLEANSE: Pull plunger to remove it from barrel. Wash with mild soap and warm water.

DO NOT BOIL OR USE HOT WATER.

What are the possible side effects of PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account.

Side effects are grouped by how serious they are and how often they happen when you are treated.

Serious, but less common side effects include:

- Breast cancer
- Stroke
- Blood clots
- Gallbladder disease
- High blood pressure
- High blood sugar
- Cancer of the uterus
- Heart attack
- Dementia
- Ovarian cancer
- Liver problems
- Enlargement of benign tumors of the uterus ("fibroids")

Some of the warning signs of these serious side effects include:

- Breast lumps
- Dizziness and faintness
- Severe headaches
- Shortness of breath
- Changes in vision
- Unusual vaginal bleeding
- Changes in speech
- Chest pain
- Pains in your legs
- Vomiting
- Yellowing of the skin, eyes, or nail beds

Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptoms that concern you.

Less serious, but common, side effects include:

- Headache
- Irregular vaginal bleeding or spotting
- Nausea and vomiting
- Fluid retention
- Breast pain
- Stomach/abdominal cramps, bloating
- Hair loss
- Vaginal yeast infection
- Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist.

What can I do to lower my chances of getting a serious side effect with PREMARIN Vaginal Cream?

- Talk with your healthcare provider regularly about whether you should continue using PREMARIN Vaginal Cream.
- If you have a uterus, talk with your healthcare provider about whether the addition of a progestin is right for you. The addition of a progestin is generally recommended for a woman with a uterus to reduce the chance of getting cancer of the uterus. See your healthcare provider right away if you get vaginal bleeding while using PREMARIN Vaginal Cream.
- Have a pelvic exam, breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often.
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances for getting heart disease.

General information about the safe and effective use of PREMARIN Vaginal Cream

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use PREMARIN Vaginal Cream for conditions for which it was not prescribed. Do not give PREMARIN Vaginal Cream to other people, even if they have the same symptoms you have. It may harm them. **Keep PREMARIN Vaginal Cream out of the reach of children.**

Latex or rubber condoms, diaphragms and cervical caps may be weakened and fail when they come into contact with PREMARIN Vaginal Cream.

This leaflet provides a summary of the most important information about PREMARIN Vaginal Cream. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about PREMARIN Vaginal Cream that is written for health professionals. You can get more information by calling the toll free number 1-800-934-5556.

What are the ingredients in PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream contains a mixture of conjugated estrogens, which are a mixture of sodium estrone sulfate and sodium equilin sulfate and other components, including sodium sulfate conjugates: 17 α-dihydroequilin, 17 α-estradiol, and 17 β-dihydroequilin. PREMARIN Vaginal Cream also contains cetyl esters wax, cetyl alcohol, white wax, glyceryl monostearate, propylene glycol monostearate, methyl stearate, benzyl alcohol, sodium lauryl sulfate, glycerin, and mineral oil.

PREMARIN (conjugated estrogens) Vaginal Cream—Each gram contains 0.625 mg conjugated estrogens, USP.

Combination package: Each contains a net wt. 1.5 oz (42.5 g) tube with one plastic applicator calibrated in 0.5 g increments to a maximum of 2 g (NDC 0046-0872-93).

Store at 20° to 25°C (68° to 77°F); excursions permitted to 15° to 30°C (59° to 86°F) [see USP Controlled Room Temperature].

This product's label may have been updated. For current package insert and further product information, please visit www.wyeth.com or call our medical communications department toll-free at 1-800-934-5556.

Wyeth®

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Philadelphia, PA 19101

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ET01
Rev 11/08
252407-01

Bio-Oil
PO Box 51210
Irvine, CA 926629-1210

August 10, 2008

Dear Bio-Oil

I live in Massachusetts, and the weather this past winter was trying for the delicate skin on my face. During the winter, I developed a small patch of dryness on my forehead. I tried everything to relieve the dryness. I had facials where they used expensive face creams and oils. At home, I tried gels and many name brand lotions, but nothing worked. After I saw an ad for Bio-Oil in a magazine, I figured I'd give it a try, and see if it would help with my dry skin.

In only a week, I've noticed a difference. My face and body is soft and silky. The patch of dryness on my face is almost gone. And Bio-Oil has helped with a few scars on my leg too. The scars appear less visible. But the best thing is that the oil isn't greasy, it absorbs into my skin so that I don't have to worry about my clothes getting all oily. Anyway, this is a great product, and I've told my friends.

Thanks

Crystal Dawn

Printed with the kind permission of the writer.

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for aging and dehydrated skin. Bio-Oil absorbs quickly and leaves no oily residue. It is suitable for all skin types and should be applied twice daily. Bio-Oil is available at all leading retailers from $11.99 (2fl.oz.) and $19.99 (4.2fl.oz.). Individual results may vary. For more information ask your pharmacist or visit bio-oil.com.

No.1

THE NO.1 SELLING SCAR AND STRETCH MARK PRODUCT IN
ENGLAND *(IRI, 2008)*
CANADA *(Nielsen, 2008)*
NETHERLANDS *(Nielsen, 2009)*
AUSTRALIA *(Nielsen, 2008)*
SOUTH AFRICA *(Nielsen, 2009)*
IRELAND *(IRI, 2008)*
NEW ZEALAND *(Synovate Aztec, 2008)*
Full references at bio-oil.com

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Another birthday is a gift in itself.

No one should take birthdays for granted. That's why we support the best ideas of the brightest cancer researchers. With each new discovery, we're getting closer to a world with more birthdays. See how you can help at morebirthdays.com. Or call 1-800-227-2345. Together we'll stay well, get well, find cures and fight back.

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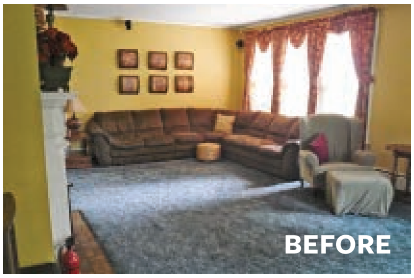
THE MERGETS

color made easy

the everything room

When your home has only one living space, it needs to work hard. That was designer Elaine Griffin's reaction when she first saw **Kathy and Dennis Merget's living room.** The couple have two demanding jobs, four boys, and one 17×27-foot living space with blue shag carpet! "The Mergets are an athletic family, and their furniture arrangement showed that," says Elaine. "It was perfect for tossing the football from one end of the room to the other, and that's about it." Yet Elaine could see past the field of shag to a **future family-friendly nirvana:** where adults face each other when speaking, where boys calmly do homework or raucously play video games, where mom can retreat to read or listen to music. See how "everything" happens.


BEFORE

by KRISTINE KENNEDY photos LAURA MOSS produced by ELAINE GRIFFIN

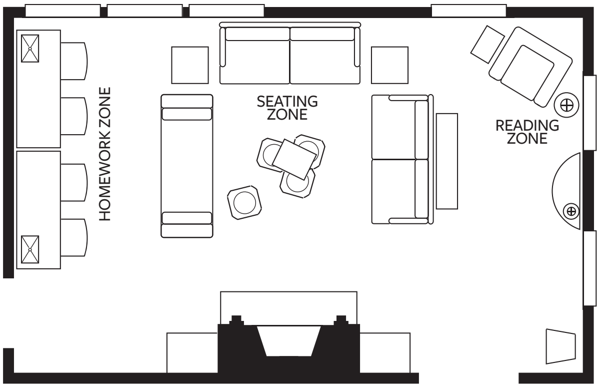
DESIGNER ELAINE GRIFFIN

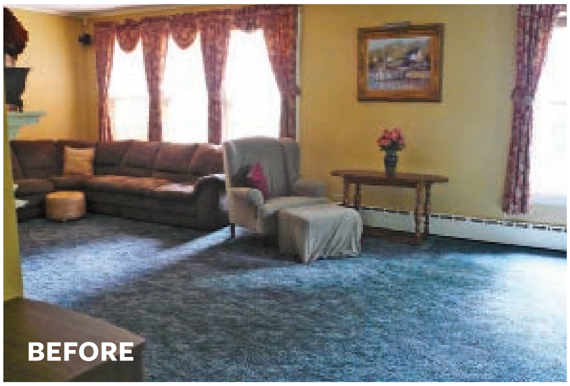
"When designing a room that serves multiple purposes, you need to dedicate space for each function," says Elaine, who shaped the living room into three different "zones."

The puffy sectional sofa once lining the walls was banished in favor of a U-shape arrangement centered on the fireplace. It's good for quiet time, but it steps up when their four sons—Colin, Alex, Ryan, and Charlie, ages 9–15—play video games on the flat-panel TV. "We added a lot of furniture," says Elaine, "but its placement has the result of actually making the room look bigger."

A cozy chair anchors the reading zone when Kathy wants to settle in with a page-turner.

The third zone is all about homework. A pair of modern metal tables on the room's short wall provides a generous work surface. Each table has a laptop, a handsome desk light, and a pair of acrylic chairs. The see-through effect gives a grown-up look to the space. "It works for the kids, but at the end of the day, this is still a room where you entertain company," says Elaine.




BEFORE

COLOR Elaine believes walls should contrast with flooring, so she chose a vivid green color to balance the pale spotted rug.

SOFAS The two sofas look identical, but one is actually a 79-inch "apartment" size (10 inches shorter than the regular) for better traffic flow. Manchester sofas, ballarddesigns.com

DRAPES The shine of the dupioni silk drapes adds femininity and contrasts with the clean-line furniture. Waterfall natural wood shades and tailored pleat drapes, **theshadestore.com**

CUBES Four lightweight cubes form a coffee table, act as individual footstools, or are easily removed to make room for the Wii or Rock Band 2. Slick Cube table, **homedecorators.com**

RUG To get an extra-large area rug for less, simply have broadloom carpet cut to size and bound. Most any carpet dealer will do it for you. Exotics Shaba Cheetah rug, **karastan.com**

Elaine put together three more color schemes for this room. See how each one transforms this space at **BHG .com/trycolor**

WORK IT "The kids' old computer station was in the foyer—the first thing you saw when you walked into the house," says Elaine. Solution: New homework zone in the living room. Clear acrylic chairs keep the look light. Tobias chairs, ikea.com. Strut tables, bludot.com

SOFT SEAT The beauty of a backless daybed is that you can see past it to another part of the room. Plus, the three youngest boys can all flop down at the same time. New Canaan daybed, ballarddesigns.com

TECH UPGRADE The boys' laptops are both homework tools and mini movie theaters with integrated BluRay players. Sony VAIO NW Series Laptops, amazon.com/electronics

decoding color

IN AN EMPTY ROOM, A BOLD WALL COLOR CAN BE SCARY. IN A FURNISHED ROOM, IT ADDS LIFE.

When you have strong color on the walls (1), the room's other big surfaces should be neutral. The cheetah rug (2) is pale, but the spotty pattern hides dirt brilliantly. Sofas are covered in a resilient tan microfiber suede (3). The foyer, which is open to the living room, now has easy-clean vinyl grasscloth wallcovering (4) in Mocha (fave of all the neighbors!), thibault.com. Gold silk drapes (5) and the striped daybed fabric (6) have touches of fiery copper. Blue pillows (7) are a cool accent, and offbeat watermelon-color desks (8) keep the room from looking too matchy or serious.

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TELL US HOW YOUR KID SHINES
AND YOUR FAMILY COULD BE MARTINA'S CONCERT GUESTS
Every child shines at something. And now SunnyD® is teaming up with Martina McBride — superstar and mom — to celebrate your kid's bright spirit.
Pick up a bottle of SunnyD, then go to sunnyd.com. Share a story about how your child shines, and your family could win $10,000 and a VIP trip to meet Martina at a performance in Nashville!
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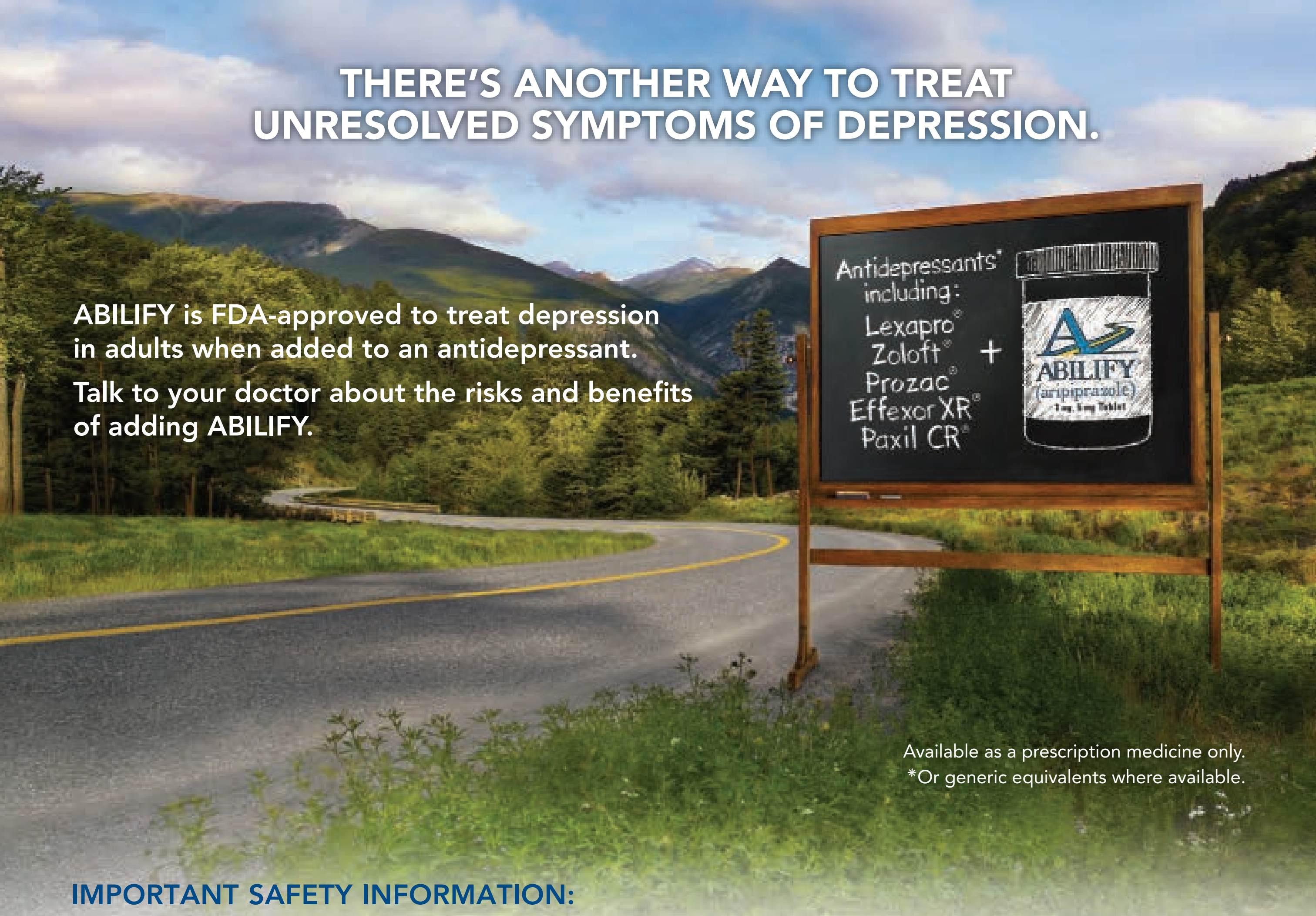
MARTINA McBRIDE "SHINE" IN STORES NOW
Online essay contest for legal residents of 50 states & DC, age 18+. Starts 1/4/10, ends 7/4/10. No purchase req'd in IA, MD, ND and VT. VIP Trip (ARV: $17,500) includes winner & 3 guests. See complete terms at sunnyd.com. Void where prohibited. Sponsor: Sunny Delight Beverages Co., 4747 Lake Forest Dr., Cincinnati, OH 45242.

HIDE IT For extra storage, Elaine added a pair of deeper, ready-to-assemble closet units, painted white and trimmed to look built in. The left cabinet contains electronics. The right cabinet holds all the kids' school and homework supplies. Sauder storage cabinets, **lowes.com**

TV PLUS Even the TV multitasks—direct Internet connectivity accesses sites such as Netflix, Flickr, eBay, and Facebook. Vizio SV422XVT TV, **vizio.com**

SUPER SOUND Kathy longed for more music in her life. The music system gives her remote control of the old stereo, music on the laptops, 25,000 radio stations, plus access to services like Pandora and Rhapsody. Sonos CR200 Multi Room music controller and system, **amazon.com/electronics**

For buying information see page 220.



THERE'S ANOTHER WAY TO TREAT UNRESOLVED SYMPTOMS OF DEPRESSION.

ABILIFY is FDA-approved to treat depression in adults when added to an antidepressant.

Talk to your doctor about the risks and benefits of adding ABILIFY.

Available as a prescription medicine only.
*Or generic equivalents where available.

IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression.

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop abnormal or uncontrollable facial movements, tell your doctor, as these may be signs of **tardive dyskinesia (TD)**, which could become permanent
- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials (≥10%) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the additional Important Information about ABILIFY on the adjacent page.

*Lexapro® (escitalopram oxalate), Zoloft® (sertraline HCl), Prozac® (fluoxetine hydrochloride), Effexor XR® (venlafaxine HCl), Paxil CR® (paroxetine HCl) are trademarks of their respective companies.

ABILIFY®
(aripiprazole)
2 mg, 5 mg Tablet

IF AN ANTIDEPRESSANT ALONE ISN'T ENOUGH.

www.ABILIFYtreatment.com

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org

Partnership for Prescription Assistance

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IMPORTANT INFORMATION ABOUT ABILIFY

ABILIFY®
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (a-BIL-ĭ-fī) (aripiprazole) (air-rĭ-PIP-ra-zall)

What is ABILIFY?

ABILIFY (aripiprazole) is a prescription medicine used as an add-on treatment to antidepressants for Major Depressive Disorder in adults.

What is depression?

Depression is a common but serious medical condition. Symptoms may include sadness, loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or excessive guilt, insomnia or excessive sleep, a change in appetite causing weight loss or gain, or thoughts of death or suicide. These could be depression symptoms if they interfere with daily life at home, at work, or with friends and last most of the day, nearly every day for at least 2 weeks.

What is the most important information that I should know about antidepressant medicines, depression, and other serious mental illnesses?

- Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults
- Depression and serious mental illnesses are the most important causes of suicidal thoughts and actions

For more information, see the Prescribing Information and the Medication Guide called *Antidepressant Medicines, Depression and Other Serious Mental Illnesses, and Suicidal Thoughts or Actions.*

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Antidepressants may increase suicidal thoughts or behaviors in some children, teenagers, and young adults, especially within the first few months of treatment or when the dose is changed. Depression and other serious mental illnesses are themselves associated with an increase in the risk of suicide. Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Such symptoms should be reported to the patient's healthcare professional right away, especially if they are severe or occur suddenly. ABILIFY is not approved for use in pediatric patients with depression.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY (aripiprazole) is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure **may be signs of NMS, a rare but serious side effect that could be fatal.**

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Leukopenia, Neutropenia, and Agranulocytosis: Decreases in white blood cells (infection fighting cells) have been reported in some patients taking antipsychotic agents, including ABILIFY. Patients with a history of a significant decrease in white blood cell (WBC) count or who have experienced a low WBC due to drug therapy should have their blood tested and monitored during the first few months of therapy.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider about any medical conditions you may have and all medicines that you are taking or plan to take, including prescription and over-the-counter medicines, vitamins, or herbal products.

Be sure to tell your healthcare provider:

- If you have suicidal thoughts
- If you have or have had a low white blood cell count (WBC)
- If you or anyone in your family have or had seizures
- If you or anyone in your family have or had high blood sugar or diabetes
- If you are pregnant, plan to become pregnant, or are breast-feeding

What should I avoid when taking ABILIFY?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY (aripiprazole)?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

This is not a complete list of side effects. For full patient information, visit www.abilify.com. Talk to your healthcare professional if you have questions or develop any side effects.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was 6% and 2% for patients treated with sugar pill.

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

How should I take ABILIFY?

- Take ABILIFY exactly as directed by your healthcare professional
- ABILIFY is usually taken once a day and can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose
- Talk to your healthcare professional before stopping ABILIFY or changing your dose

General advice about ABILIFY:

- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMELT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at **www.abilify.com**

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 07/09 1239550A5.

Bristol-Myers Squibb   Otsuka   Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.
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U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

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570US08CBS01602   0309L-2322   D6-B0001D-07-09-MDD   July 2009

color *made* easy

30 tips & tricks *for* choosing, using, *and* loving color

1 "Pick colors using objects as your guide—an old celadon teapot, the burnt sienna in a paisley fabric, a blade of grass. It's so much more lively than paint chips. I always, always, always start with a 'thing.'"
SASHA EMERSON, Los Angeles designer

2 When you've found the right color on a paint card, go a step lighter. Colors look darker on the wall. The lightest two colors on a card deliver more punch than you'd expect. Unless you're after drama, stick with them.

3 Using different shades of a color—such as various blues—is an easy way to pull a room together. To prevent monotony, vary the textures (play suede against silk) and add a pop of a different color in a pillow, throw, or vase.

BY JODY GARLOCK; PHOTO: MARTY BALDWIN

4 Follow the rule of three. When you pick a color, use it at least three times in a room.

5 "Put things in context. If it's a fabric that's going on a horizontal surface, look at it horizontally. Whatever it is, step back six feet and look at it from a distance. Looking at a swatch, a pillow, a curtain, or a rug six inches from your eye is different than seeing it as you step into the room."
JANIE HIRSCH
Atlanta designer

6 Camouflage a hodgepodge of surfaces—an awkward dormer door, wimpy crown molding, or an ugly chair rail—by painting them the same color as the wall. They'll fade away. Try this go-anywhere neutral: **CREAM WARE BHG804 EDITORS' CHOICE PAINT COLORS,** bhglivebetter.com

7 "Think of hallways as palate cleansers—the sorbet that's served before diving into the next course. Keeping them neutral allows you to branch into any color in rooms that flow off them." BARRY DIXON, Washington, D.C., designer

8 Don't sweat slight color variations between fabrics and walls. "The best rooms are slightly off—stronger, lighter, softer, just not a spot-on match to a swatch," says Sasha Emerson, a Los Angeles designer.

9 When you're spreading color around a room, think about proportion. If you're using three colors, try a 70/20/10 distribution, with the highest percentage going to the lightest color. For two colors, go 70/30.

10 Store fabric, wallpaper, and paint swatches in a notebook, binder, or pencil pouch so they're handy when you shop. To visualize your scheme, cut fabric swatches (or brush paint strokes) relative to the size they're used in the room—large ones for curtains, small ones for pillows.

11 "Break up a room of matchy-matchy wood furniture with one painted piece. It doesn't have to be a bold color. I like to combine natural wood tones with black."
MELISSA BIRDSONG
Lowe's vice president of trend design and brand

12 "I'm always drawn to colors I wear. Look in your closet. You are your own best inspiration for color."
BHG reader
COMECA BRANNON,
Texarkana, Texas

13 The back of a fabric, curtain, comforter, or area rug is sometimes more interesting—and toned down—than the front. If no telltale signs like hems will show, go ahead and flip it. Designers do it, and so can you.

from the pros

14 If you could choose just one paint color for walls, what would it be?

CLASSIC GRAY 1548, BENJAMIN MOORE
"Even on a dreary day this gray looks good."
MARY HICKEY
Minneapolis designer

SAVORY BEIGE 3002-10C, VALSPAR
"Even the biggest color-phobes can commit to this pale tan."
ELAINE GRIFFIN
New York City designer

SEA SALT SW 6204, SHERWIN-WILLIAMS
"Soft, soothing, and like sea glass where it can go blue or green."
JANIE HIRSCH
Atlanta designer

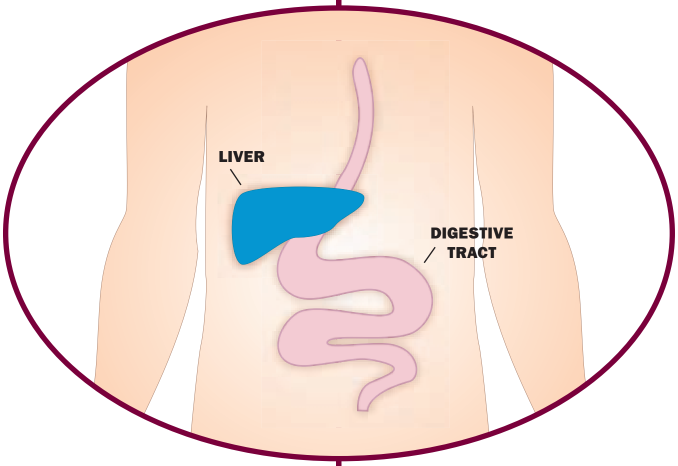
BLUE ARROW 5001-3C, VALSPAR
"Easy on the eye, easy to live with. It's a robin egg's blue-green with a bit of muddiness."
MELISSA BIRDSONG
Lowe's vice president of trend design and brand

CLAY BEIGE OC-11, BENJAMIN MOORE
"A neutral that's not boring! It's a chameleon. It can read warm or cool and looks great in any light."
MANDY LOWRY
Atlanta designer

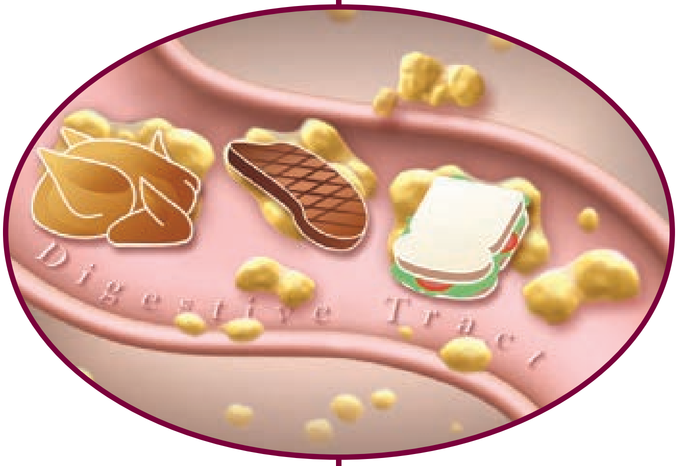
See these great go-to colors from the pros at BHG.com/procolortips

PHOTOS: KIM CORNELISON

An inside look at a **different** way to help lower cholesterol.



Statins, a good option, work mainly with the liver. **ZETIA works in the digestive tract,** as do some other cholesterol-lowering medicines.



Cholesterol from food is absorbed when it enters the digestive tract.

ZETIA is unique in the way it helps block the absorption of cholesterol that comes from food. **Unlike some statins, ZETIA has not been shown to prevent heart disease or heart attacks.**

A healthy diet and exercise are important, but sometimes they're not enough to get your cholesterol where it needs to be. ZETIA can complement your efforts. When added to a healthy diet, ZETIA can lower bad cholesterol (LDL) by an average of 18%. Individual results may vary.

Important Risk Information About ZETIA: ZETIA is a prescription medicine and should not be taken by people who are allergic to any of its ingredients. If you have ever had liver problems, are nursing or pregnant or may become pregnant, a doctor will decide if ZETIA alone is right for you.

Unexplained muscle pain or weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. In clinical studies, patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and tiredness.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the more detailed information about ZETIA on the adjacent page.
For more information, call **1-800-98-ZETIA** or visit **zetia.com**.

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Ask your doctor if ZETIA is right for you.

Merck/Schering-Plough Patient Assistance Program

To find out if you qualify, call 1-800-347-7503.

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ZETIA® (EZETIMIBE) TABLETS
PATIENT INFORMATION ABOUT *ZETIA* (zĕt´-ē-ă)

Generic name: ezetimibe (ĕ-zĕt´-ĕ-mīb)

Read this information carefully before you start taking ZETIA and each time you get more ZETIA. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about ZETIA, ask your doctor. Only your doctor can determine if ZETIA is right for you.

WHAT IS *ZETIA*?

ZETIA is a medicine used to lower levels of total cholesterol and LDL (bad) cholesterol in the blood. ZETIA is for patients who cannot control their cholesterol levels by diet and exercise alone. It can be used by itself or with other medicines to treat high cholesterol. You should stay on a cholesterol-lowering diet while taking this medicine.

ZETIA works to reduce the amount of cholesterol your body absorbs. ZETIA does not help you lose weight. ZETIA has not been shown to prevent heart disease or heart attacks.

For more information about cholesterol, see the "What should I know about high cholesterol?" section that follows.

WHO SHOULD NOT TAKE *ZETIA*?

- Do not take ZETIA if you are allergic to ezetimibe, the active ingredient in ZETIA, or to the inactive ingredients. For a list of inactive ingredients, see the "Inactive ingredients" section that follows.
- If you have active liver disease, do not take ZETIA while taking cholesterol-lowering medicines called statins.
- If you are pregnant or breast-feeding, do not take ZETIA while taking a statin.
- If you are a woman of childbearing age, you should use an effective method of birth control to prevent pregnancy while using ZETIA added to statin therapy.

ZETIA has not been studied in children under age 10.

WHAT SHOULD I TELL MY DOCTOR BEFORE AND WHILE TAKING *ZETIA*?

Tell your doctor about any prescription and non-prescription medicines you are taking or plan to take, including natural or herbal remedies.

Tell your doctor about all your medical conditions including allergies.

Tell your doctor if you:

- ever had liver problems. ZETIA may not be right for you.
- are pregnant or plan to become pregnant. Your doctor will discuss with you whether ZETIA is right for you.
- are breast-feeding. We do not know if ZETIA can pass to your baby through your milk. Your doctor will discuss with you whether ZETIA is right for you.
- experience unexplained muscle pain, tenderness, or weakness.

HOW SHOULD I TAKE *ZETIA*?

- Take ZETIA once a day, with or without food. It may be easier to remember to take your dose if you do it at the same time every day, such as with breakfast, dinner, or at bedtime. If you also take another medicine to reduce your cholesterol, ask your doctor if you can take them at the same time.
- If you forget to take ZETIA, take it as soon as you remember. However, do not take more than one dose of ZETIA a day.
- Continue to follow a cholesterol-lowering diet while taking ZETIA. Ask your doctor if you need diet information.
- Keep taking ZETIA unless your doctor tells you to stop. It is important that you keep taking ZETIA even if you do not feel sick.

See your doctor regularly to check your cholesterol level and to check for side effects. Your doctor may do blood tests to check your liver before you start taking ZETIA with a statin and during treatment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF *ZETIA*?

In clinical studies patients reported few side effects while taking ZETIA. These included diarrhea, joint pains, and feeling tired.

Patients have experienced severe muscle problems while taking ZETIA, usually when ZETIA was added to a statin drug. If you experience unexplained muscle pain, tenderness, or weakness while taking ZETIA, contact your doctor immediately. You need to do this promptly, because on rare occasions, these muscle problems can be serious, with muscle breakdown resulting in kidney damage.

Additionally, the following side effects have been reported in general use: allergic reactions (which may require treatment right away) including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing, rash, and hives; raised red rash, sometimes with target-shaped lesions; joint pain; muscle aches; alterations in some laboratory blood tests; liver problems; stomach pain; inflammation of the pancreas; nausea; dizziness; tingling sensation; depression; headache; gallstones; inflammation of the gallbladder.

Tell your doctor if you are having these or any other medical problems while on ZETIA. For a complete list of side effects, ask your doctor or pharmacist.

WHAT SHOULD I KNOW ABOUT HIGH CHOLESTEROL?

Cholesterol is a type of fat found in your blood. Your total cholesterol is made up of LDL and HDL cholesterol.

LDL cholesterol is called "bad" cholesterol because it can build up in the wall of your arteries and form plaque. Over time, plaque build-up can cause a narrowing of the arteries. This narrowing can slow or block blood flow to your heart, brain, and other organs. High LDL cholesterol is a major cause of heart disease and one of the causes for stroke.

HDL cholesterol is called "good" cholesterol because it keeps the bad cholesterol from building up in the arteries.

Triglycerides also are fats found in your blood.

GENERAL INFORMATION ABOUT *ZETIA*

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use ZETIA for a condition for which it was not prescribed. Do not give ZETIA to other people, even if they have the same condition you have. It may harm them.

This summarizes the most important information about ZETIA. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about ZETIA that is written for health professionals.

Inactive ingredients:
Croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

Issued July 2009
REV 21

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15 Top a lamp with a colored or patterned shade. Suddenly your room will seem more alive and vibrant.

16 What color have you liked as much on walls as on the paint chip?

HONEYBIRD 300B-5, BEHR
"It has warmth without being too yellow. Six years later I still love it."
CARA RAWLS
Richmond, Virginia

EMPIRE STATE F16-3, DUTCH BOY
"This gray is great with anything and in any room."
JOLINE PUCKETT
Leonidas, Michigan

CHINA DOLL SW 7517 SHERWIN-WILLIAMS
"I tried it on a recommendation from a friend. Beautiful."
KIMM BOES
New Albany, Ohio

APPLESAUCE CAKE 316-5, PITTSBURGH PAINTS
"Loved the name, loved the sample, love it in my kitchen."
LIN EASON HARRIS
Wildwood, Missouri

BUTTER COOKIE W035, DUTCH BOY
"This is the most perfect neutral!"
CHRIS KRUEGER
San Antonio

TOASTED ALMOND 414-3, PITTSBURGH PAINTS
"I had a crazy-difficult time finding the perfect tan, but this was a winner! My parents have now used it in their home, and they love it, too."
LIZ CLORE HAYSWORTH
Dallas

BECOME A FAN AND SHARE YOUR TIPS AT FACEBOOK.COM/MYBHG

from BHG readers

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always
maxi
Have a happy period.

17 **"Everyone thinks of walls when they think of color. But using color in accessories—rugs, pillows, art—makes an amazing impression without going crazy on the walls."**

DAVID BROMSTAD
HGTV designer, *First Time Design* and *Color Splash*

19 Bring in fresh flowers. They're color without any commitment.

18 Get out the digital camera. It's amazing how a photo can point out problem spots. Add some colorful accessories, take a photo, and compare.

20 Yes, those sample-size containers of paint are worth the few bucks for testing colors. Both Lowe's and Home Depot now have samplers for \$3 to \$4 each. They're handy for little paint projects and touchups, too.

21 "In a small room, keep walls the same color as the primary upholstered furniture. The room will seem twice the size."

JEFFREY BILHUBER,
New York City designer

22 **White brightens whatever it's with, but it can also be harsh. Try off-white instead. "When you put a warm white next to a color, it will still look bright and crisp," says Washington, D.C., designer Barry Dixon.**

PHOTOS: (FLOWERS) JAMES CARRIÈRE; (PAINT) MARTY BALDWIN

23 "The era of the bright white ceiling is over," says Elaine Griffin, New York City designer. Paint the ceiling a shade lighter than walls to visually raise it and avoid a jarring stop-start. Go a shade darker to bring it down and add coziness.

24 **Art and fabric are great building blocks for a palette. Look closely at the item, then pull out the background colors to use as room accents. Pulling the dominant color can be too much of a good thing.**

25 "When choosing colors for a bedroom, pick out the bedding first and go from there."

BHG reader
ANDREA ROSSBACK
Howell, Michigan

26 Paint is the least expensive mistake you can make. Be brave. The worst-case scenario is that you'll have to repaint.

27 To tell if a color has a pinkish, grayish, or greenish cast, look at similar color swatches side by side. It's all about comparison.

28 Think of neutrals as peacemakers. They can help colors get along.

29 **Wallpaper or paint the inside of a bookcase to set off what's displayed. "I used yellow wallpaper in a white built-in and wrapped the same paper around lampshades," says BHG reader Kristen Schenck Jackson of Denver.**

30 Two schools of thought for testing a paint color before taking the plunge: 1) Paint the wall that gets the most natural light. If you like it in the amplified light, it should work on all the walls. 2) Paint a piece of foam core, then move it around the room to see how it looks in different light and against trim. (Use two coats of paint for good coverage. Poster board works, too, but it's floppier to handle.)

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Chocolate Marshmallow Tarts

Indulge your passion for chocolate with this warm and inviting recipe that is made with *Pepperidge Farm*® **Puff Pastry Shells** and only takes about twenty minutes.

Prep Time: 20 minutes
Broil Time: 1 minute
Makes: 6

INGREDIENTS

- 1 package (10 ounces)
  Pepperidge Farm Puff Pastry Shells
  Look for Puff Pastry in the freezer aisle.
- 1 ½ cups prepared chocolate pudding
- 1 ½ cups miniature marshmallows

DIRECTIONS

Step 1. Prepare the pastry shells according to the package directions.

Step 2. Spoon ¼ cup of pudding into each pastry shell. Place a ¼ cup of the miniature marshmallows into each pastry shell to cover the pudding.

Step 3. Heat the broiler. Place the filled pastries onto a baking sheet. Broil 4 inches from the heat for 1 minute or until marshmallows are lightly browned.

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Puff Pastry

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Prep Time: None (really!)
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Makes: 4

INGREDIENT

- 1 package (12.5 ounces)
  Pepperidge Farm Raspberry Turnovers
  Look for Puff Pastry in the freezer aisle.

DIRECTIONS

Step 1. Bake and cool the turnovers according to the package directions, it's that simple!

Step 2. If desired, top with whipped cream or your favorite ice cream.

Sweet Deal!

Log on to PUFFPASTRY.COM to receive a 55¢ off coupon on any *Pepperidge Farm* Turnover product. Plus, you'll find videos, helpful tips, and other delicious, sweet, and savory recipe ideas. Log on today!

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isn't it romantic

color *made* easy

Gallons of paint, an abundance of pink, and some glitzy touches create a highly feminine home that's still perfectly practical.

by JODY GARLOCK photos JOHN ELLIS produced by LAURA HULL

For a woman who's all about glamour in decorating—"It's the first thing I gravitate to"—Leslie Sachs is surprisingly laid-back. She doesn't cringe when cats Zsa Zsa and Dugan claw the furniture. She uses the dining table to fold laundry. And she and her husband, Rick Negron, simply pull the Regency side table up to their pink linen-velvet sofa and eat dinner in the living room. What gives? "I think everybody should live in a glamorous house that makes them feel special," Leslie says. "But I'm casual about it. I like things approachable and straightforward."

Leslie, a designer, jump-started the decorating of her Glendale, California, home in the most basic way, choosing paint colors first. She stuck to a fairly narrow (and feminine-leaning) palette of pink, green, and brown but varied the shades to change the mood from room to room. "Colors create an energy," Leslie says. The living room, swathed in "pure milky fudge," seems to call the couple to curl up on the sofa. It's a different story in the kitchen, where a lively avocado inspires the avid cooks. And lacquered in cream, the curvy formal antiques Leslie used throughout the home aren't so pretentious. "It changes their personality completely," she says. Even Rick, who jokes that years of acting classes have put him in touch with his feminine side, says the decor is a happy marriage between glamour and livability. "It has vibrancy and comfort," he says.

WARM AND WELCOMING "The living room wouldn't have the same personality without the brown walls," Leslie Sachs says. "They make it warm and moody." The brown, along with the pale pink ceiling and trim, accommodate vibrant color in the furniture and accessories. Turquoise adds an element of surprise as an accent.

"Rooms should be a graduation of your starting-point color so there's an easy flow as you move through."

LESLIE SACHS

COLOR HAPPY
Vibrant color starts at the front door of Leslie Sachs' and Rick Negron's 1930s home, *far left.*

PRETTY IN PINK
The fireplace, *left,* is painted a shade darker than the pink ceiling and trim as a warm (and subtle) alternative to white.

FRESH START
Leslie's refurbished antiques, *below left,* stand out against the brown. "Stained furniture wouldn't have worked," she says. "I needed the colors for contrast."

CHEF'S SURPRISE
The kitchen, *below right,* is the couple's happy place. "It's unexpected, and the colors are yummy," Leslie says. The lacquered cabinets' avocado hue originated from the dining room's paisley draperies, visible through the cutout. Gray walls and honed black granite countertops are sleek backdrops.

DINING LIGHT
Playing off the rich brown walls of the living room, Leslie chose a milkier version for the woodwork in the dining room, *opposite.* She further lifted the mood with coral-pink walls.

Benjamin Moore
Salmon Berry 2089-50
Benjamin Moore
Gaucho Brown 2096-40

BEAUTY SLEEP
A dramatic headboard and lush layers rivet attention in the master bedroom, where walls recede in a pale grayish mauve. The desk does triple duty. "It's a nightstand, vanity, and laptop space," says Leslie. "For me, everything has to have a purpose. If it has two or three, even better. It gives us another work area, but not in a clutter-up-the-space way." Mercury glass and silvery pieces play up the glamour.

For buying information see page 220.

"I definitely quieted the bedroom colors. I think it's important to have a peaceful, soothing space that's also a little bit sexy."

LESLIE SACHS

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shelf life

An easy-to-install wall system and a few simple organizational tricks turn a basement walkway into a tidy workstation.

by **JODY GARLOCK** photos **HELEN NORMAN** produced by **JANNA LUFKIN**

For years, Helen Norman navigated a maze of skis, coolers, boxes, and other items she and her family had allowed to take over the basement in their Maryland home. "We tended to shove things wherever we could," says Helen. Tired of the muddle, she gave the sports gear the boot and the space purpose. Now she has a well-defined L-shape storage area with a workspace to wrap gifts and prepare packages for her photography business. "It's an area you would have never thought of as being useful, but it really transformed into something great," Helen says.

WORK ZONE Two steel work tops are mounted at a height that's ideal whether Helen is standing or sitting. New chrome handles help an old wood file cabinet fit in; stackable paper trays above it use every inch of space.

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Matching metal wall units maximize storage space with neat arrangements.

CHINA AND GLASSWARE Quilted protectors for dinnerware are identified by beribboned key tags. Cotton china cases; containerstore.com

MAGAZINES Sturdy, labeled holders protect magazines. Choose storage pieces in neutral colors to ensure a quiet, cohesive scheme. Natural magazine files, containerstore.com

CARDS Each labeled with a sample, metal tins store promotional cards for Helen's business. Greeting cards or family photos affixed to folded paper also make good storage labels.

BULK SUPPLIES Like grocery store merchandise, rows of pantry items and household goods grouped by category make it easy to check supplies.

BOOTS AND SHOES These easy-to-clean metal trays are actually inexpensive bases for rabbit hutches. These were made to fit under the bottom shelf. Trays, grandviewrabbitry.com

Spot-On Storage

"You don't need a lot of space to create vertical storage," Helen says. Her floor-to-ceiling solutions came in the form of a shelving system from Ikea, chosen for its flexibility and affordability. Adjustable shelves that are 14 inches deep hang on two wall-mounted posts drilled into studs. Helen installed two identical setups for less than $200 apiece. Her legless desks were created using the same system. Other options include slanted shelves and clothes rods.

Broder system; ikea.com

Delsym cough liquid targets your cough and only your cough. Unlike multi-symptom cough liquids, Delsym has just one mission: to suppress your cough. And it lasts 4 to 6 hours longer than any other cough liquid.† In fact, Delsym is America's only 12 hour cough liquid.* Let Delsym focus on your cough. So you can focus on your day.

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Use as directed.

†Comparison based on dosing instructions. *Among OTC products, per dose.

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New Duties

Putting old, unusual pieces to work keeps a home office from looking like business as usual.

SUPPLIES PARTY A vintage flower bucket and spool holder atop a rustic bench, *top,* form an out-in-the-open packaging center.

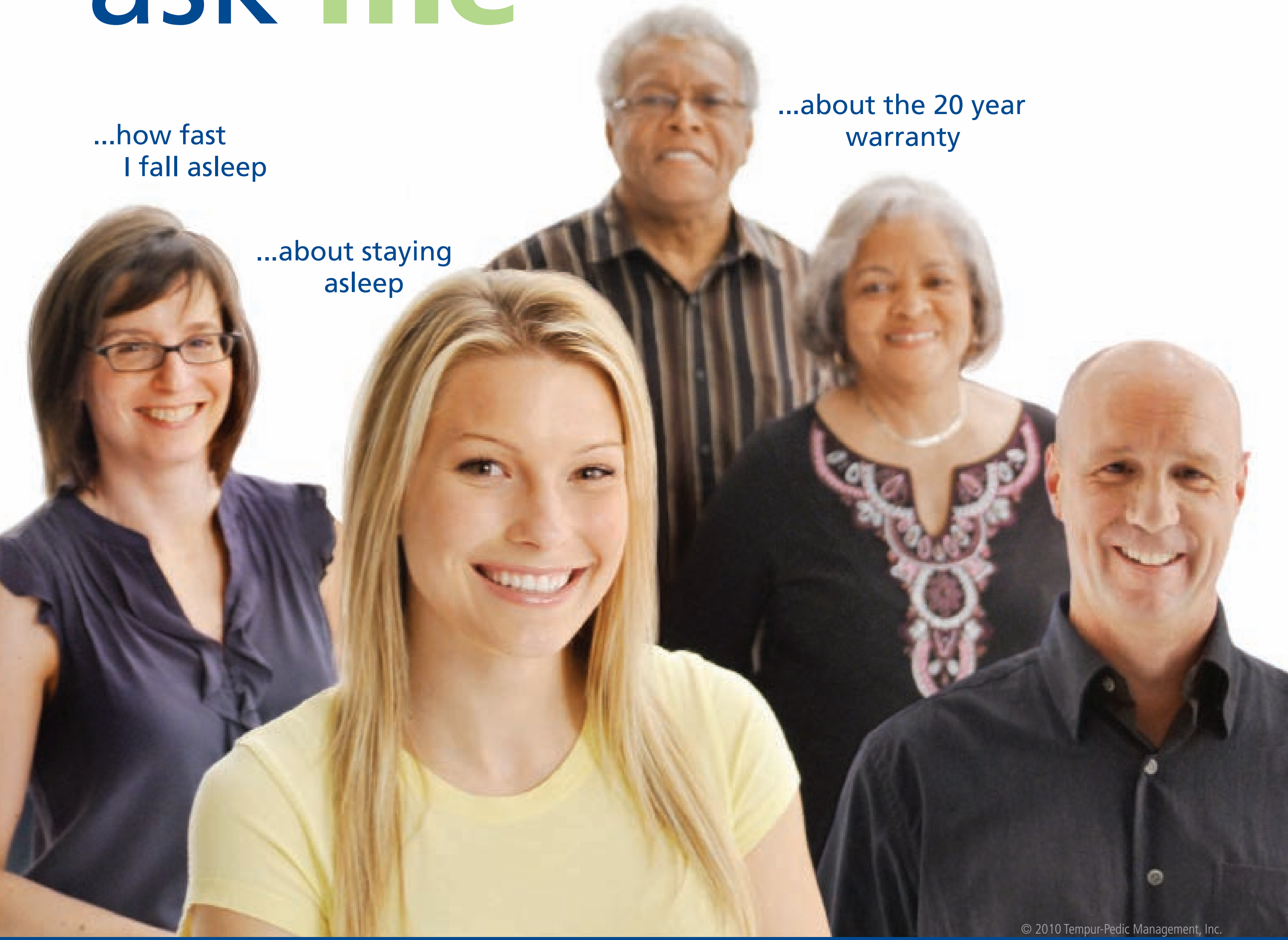
WEIGHTY ISSUES Placed in a small planter on a just-for-show postal meter, *above left,* shipping and packing labels can be found post-haste.

ALL TIED UP Storing ribbon spools in a planter, *above right,* keeps them upright, while threading each trim through the mesh shelf keeps it tangle-free.

For buying information see page 220.

TEMPUR-PEDIC®

ask me™



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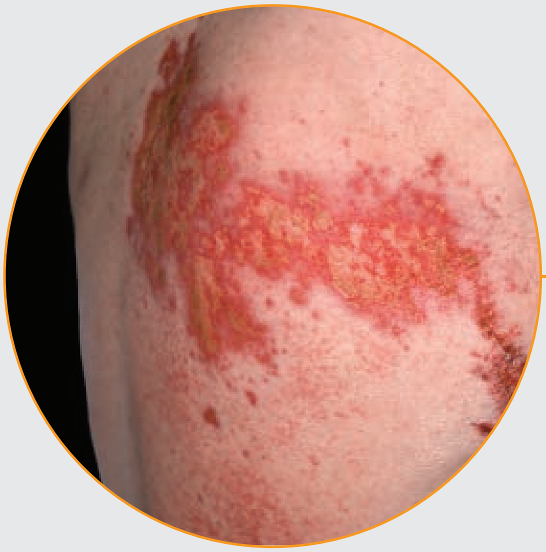

IF YOU'VE EVER HAD CHICKENPOX, YOU COULD GET SHINGLES NOW.

The chickenpox virus is still in your body. It can resurface as Shingles, a painful, blistering rash. And your chances of developing Shingles increase substantially after age 60.

ZOSTAVAX is a vaccine that can help prevent Shingles.

Once you reach age 60, the sooner you get vaccinated, the better your chances of protecting yourself. ZOSTAVAX cannot be used to treat Shingles, or the nerve pain that may follow Shingles, once you have it.

ZOSTAVAX is used to prevent Shingles in adults 60 years of age or older.

ZOSTAVAX is given as a single shot. Talk to your health care professional to see if ZOSTAVAX is right for you.

For more information, visit www.zostavax.com or call 1-877-9 SHINGLES. Please see Important Safety Information on the right-hand page.

MERCK

Having trouble paying for your Merck medicine?
Merck may be able to help. Visit www.merck.com/merckhelps.

IF YOU'RE 60 OR OLDER, THE PAINFUL, BLISTERING RASH OF SHINGLES COULD BE CLOSER THAN YOU THINK.

IMPORTANT SAFETY INFORMATION

- ZOSTAVAX may not protect everyone who gets the vaccine.
- You should not get ZOSTAVAX if you are allergic to any of its ingredients, including gelatin or neomycin, have a weakened immune system, take high doses of steroids, or are pregnant or plan to become pregnant.
- Possible side effects include redness, pain, itching, swelling, warmth, or bruising at the injection site, as well as headache.
- You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.
- Before getting vaccinated, talk to your health care professional about situations you may need to avoid after getting ZOSTAVAX. Please see the Patient Product Information on the adjacent page.

Before you get Shingles, get vaccinated.

ZOSTAVAX®
Zoster Vaccine Live

Patient Information about ZOSTAVAX® (pronounced "ZOS tah vax") Generic name: Zoster Vaccine Live

9815608

You should read this summary of information about ZOSTAVAX[1] before you are vaccinated. If you have any questions about ZOSTAVAX after reading this leaflet, you should ask your health care provider. This information does not take the place of talking about ZOSTAVAX with your doctor, nurse, or other health care provider. Only your health care provider can decide if ZOSTAVAX is right for you.

What is ZOSTAVAX and how does it work?
ZOSTAVAX is a vaccine that is used for adults 60 years of age or older to prevent shingles (also known as zoster).

ZOSTAVAX contains a weakened chickenpox virus (varicella-zoster virus).

ZOSTAVAX works by helping your immune system protect you from getting shingles. If you do get shingles even though you have been vaccinated, ZOSTAVAX may help prevent the nerve pain that can follow shingles in some people.

ZOSTAVAX may not protect everyone who gets the vaccine. ZOSTAVAX cannot be used to treat shingles once you have it.

What do I need to know about shingles and the virus that causes it?
Shingles is caused by the same virus that causes chickenpox. Once you have had chickenpox, the virus can stay in your nervous system for many years. For reasons that are not fully understood, the virus may become active again and give you shingles. Age and problems with the immune system may increase your chances of getting shingles.

Shingles is a rash that is usually on one side of the body. The rash begins as a cluster of small red spots that often blister. The rash can be painful. Shingles rashes usually last up to 30 days and, for most people, the pain associated with the rash lessens as it heals.

Who should not get ZOSTAVAX?
You should not get ZOSTAVAX if you:

- are allergic to any of its ingredients.
- are allergic to gelatin or neomycin.
- have a weakened immune system (for example, an immune deficiency, leukemia, lymphoma, or HIV/AIDS).
- take high doses of steroids by injection or by mouth.
- are pregnant or plan to get pregnant.

You should not get ZOSTAVAX to prevent chickenpox.

Children should not get ZOSTAVAX.

How is ZOSTAVAX given?
ZOSTAVAX is given as a single dose by injection under the skin.

What should I tell my health care provider before I get ZOSTAVAX?
You should tell your health care provider if you:

- have or have had any medical problems.
- take any medicines, including nonprescription medicines, and dietary supplements.
- have any allergies, including allergies to neomycin or gelatin.
- had an allergic reaction to another vaccine.
- are pregnant or plan to become pregnant.
- are breast-feeding.

Tell your health care provider if you expect to be in close contact (including household contact) with newborn infants, someone who may be pregnant and has not had chickenpox or been vaccinated against chickenpox, or someone who has problems with their immune system. Your health care provider can tell you what situations you may need to avoid.

What are the possible side effects of ZOSTAVAX?
The most common side effects that people in the clinical studies reported after receiving the vaccine include:

- redness, pain, itching, swelling, warmth, or bruising where the shot was given.
- headache.

The following additional side effects have been reported in general use with ZOSTAVAX:

- allergic reactions, which may be serious and may include difficulty in breathing or swallowing. If you have an allergic reaction, call your doctor right away.
- fever
- hives at the injection site
- joint pain
- muscle pain
- rash
- rash at the injection site
- swollen glands near the injection site (that may last a few days to a few weeks)

Tell your health care provider if you have any new or unusual symptoms after you receive ZOSTAVAX.

What are the ingredients of ZOSTAVAX?
Active Ingredient: a weakened form of the varicella-zoster virus.

Inactive Ingredients: sucrose, hydrolyzed porcine gelatin, sodium chloride, monosodium L-glutamate, sodium phosphate dibasic, potassium phosphate monobasic, potassium chloride.

What else should I know about ZOSTAVAX?
Vaccinees and their health care providers are encouraged to call (800) 986-8999 to report any exposure to ZOSTAVAX during pregnancy.

This leaflet summarizes important information about ZOSTAVAX.

If you would like more information, talk to your health care provider or visit the website at www.ZOSTAVAX.com or call 1-800-622-4477.

Rx only

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outdoors

IN THE GARDEN

THE LONG VIEW Spanning 10 years, David Morello's garden makeover stayed true to his vision of a parklike landscape visible from the windows in his house.

the view from here

No matter how you look at it, this garden—designed for beautiful vistas—is a sight to see.

by **SUSAN APPLEGET HURST** photos **KRITSADA** produced by **SUSAN FOX**

By Design

Before beginning any work, David created a plan for the home's garden and exterior. Putting his vision on paper helped keep his efforts on track for the 10-year duration of the makeover.

1997–1999 David installs flowerbeds, paths, and trees such as burr oak and magnolia for privacy.

2000–2001 Flagstone is mortared over the old concrete surface.

2002–2004 New front doors are hung and David installs the backyard gardens.

2005–2007 More plants are added to the garden. French drains solve drainage problems.

2008 The house gets a new coat of gray-green paint, and custom window screens and porch railing. A new path and garden bench are added to the front.

A SMOOTH LANDING David overlaid the old porch surface with flagstone and added custom wood railing, turning a dated concrete entry into an inviting welcome.

Coming home to a drab house and yard every day wasn't an option for David Morello. "When I bought my house in 1997 it needed interior work, but I began on the yard and exterior," he says.

David went for a "parklike setting" with great vistas from inside his Houston-area house. "When I'm inside looking out, I want to see nature, not my neighbor's house," he says. David planted trees on the perimeter of the yard, but closer to the house he kept sight lines open with low plantings flanking quaint garden paths.

The upgrades are appreciated by neighbors, who often stop to say "hi" when they see David in his garden. "Beautiful gardens are like small children or pets," he says. "They're an ice breaker."

BEFORE

TODAY

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— Rosalie Christopher, Blue Springs, MO
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Garden Vision

Starting with a featureless landscape, David resurfaced concrete, planted extensively, and updated the home's facade with new paint and wood trim.

PLANTINGS
Informal annuals, shrubs, groundcovers, and clinging vines soften the symmetry of the yard and house. Trees and shrubs are placed so they don't obstruct the sight lines from the windows.

LAYOUT
The front walk follows a straight line to the home's entry, creating visual flow between house and garden. This line is the backbone of the garden layout, with paths and flowerbeds connected to it in symmetrical fashion.

MAINTENANCE
In stages, David removed all of the lawn and replaced it with ornamental plantings. He focused on adpated, low-care plants that are less thirsty and laborious than lawns.

Finishing Touches

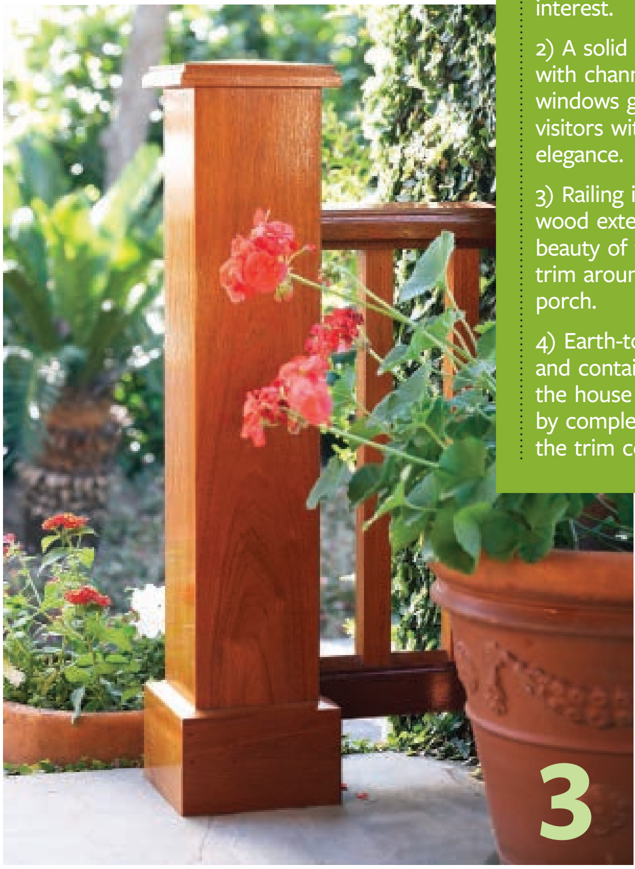
David splurged on hardwood architectural details for his home's exterior, giving the modest cottage a well-appointed look that distinguishes what would otherwise be a ho-hum facade.

1) Craftsman-style screens give the windows visual interest.

2) A solid wood door with channeled glass windows greets visitors with friendly elegance.

3) Railing in matching wood extends the beauty of the home's trim around the porch.

4) Earth-tone paths and containers unify the house and garden by complementing the trim colors.



For buying information see page 220.

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spring social

Mix colorful bulbs with perennials for a dazzling early-season show. After the flowers fade, the yellowing bulb foliage will seem to simply disappear as perennials fill in.

by **ERIC LISKEY** photographed on location at **THE KEUKENHOF, HOLLAND**

FASHIONABLY EARLY Daffodils sparkle in an early spring garden. After the blooms fade, the just-awakened sedum will fill in and conceal the fading bulb foliage.

MIX AND MATCH Perennials with colorful foliage pair nicely with complementary bulb flowers. Here, 'Palace Purple' *Heuchera* blends with red 'Uncle Tom' and orange 'Double Focus' tulips.

PHOTOS: (DAFFODILS) PETE KRUMHARDT; (TULIPS) KRITSADA

Garden Party

Make note of early-emerging perennials in your spring garden. Then, this fall, pick mid- to late-blooming bulbs and plant them among the perennials.

1) Grape hyacinth with chartreuse 'Isla Gold' tansy.
2) 'Thalia' daffodil and 'Christmas Marvel' tulip with a perennial geranium nearing bloom.
3) Mixed tulips mingled with blue forget-me-not (*Myosotis*) and chartreuse cypress spurge (*Euphorbia cyparrisias*).
4) Striped squill (*Puschkinia libanotica*) with 'Brownies' coral bell (*Heuchera*).

PHOTOS: (1 AND 4) PETE KRUMHARDT; (2 AND 3) KRITSADA

*©2008 AutoPacific New Vehicle Satisfaction Survey: Toyota brand scores highest in satisfaction with reliability/dependability. ©2009 Toyota Motor Sales, U.S.A., Inc.

Go Online

Most of the scenes shown in this story were photographed at The Keukenhof, Holland, the world's premier bulb display garden. To see more of it, go to BHG.com/keukenhof.

For buying information see page 220.

SIMPONI,™ a full month of RA relief with one dose a month.

SIMPONI,™ taken with the medicine methotrexate, is approved to treat adults with moderate to severe rheumatoid arthritis (RA).

IMPORTANT SAFETY INFORMATION

SIMPONI™ is a prescription medicine. SIMPONI™ can lower your ability to fight infections. There are reports of serious infections caused by bacteria, fungi, or viruses that have spread throughout the body, including tuberculosis (TB) and histoplasmosis. Some of these infections have been fatal. Your doctor will test you for TB before starting SIMPONI™ and will monitor you for signs of TB during treatment. Tell your doctor if you have been in close contact with people with TB. Tell your doctor if you have been in a region (such as the Ohio and Mississippi River Valleys and the Southwest) where certain fungal infections like histoplasmosis or coccidioidomycosis are common.

You should not start SIMPONI™ if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- fever, sweat, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more than normal
- feel very tired

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakinra) and RITUXAN (rituximab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People taking SIMPONI™ should not receive live vaccines.

Reactivation of hepatitis B virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI.™ Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI.™ Tell your doctor if you know or think you may be a carrier of hepatitis B virus or if you experience signs of hepatitis B infection, such as:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

If you take SIMPONI™ or other TNF blockers, your risk for developing lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers. Heart failure can occur or get worse in people who use TNF blockers like SIMPONI.™

Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Symptoms include: red scaly patches or raised bumps that are filled with pus on the skin. These symptoms may go away or get better after stopping SIMPONI.™

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber.

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI™ such as hives, swollen face, breathing trouble, chest pain.

Common side effects of SIMPONI™ include: upper respiratory tract infection, nausea, abnormal liver tests, redness at site of injection, high blood pressure, bronchitis, dizziness, sinus infection, flu, runny nose, fever, cold sores, numbness or tingling.

Please read the Medication Guide for SIMPONI™ on the following pages, and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

25GL09303

monthly Simponi™ golimumab

Just one dose, once a month.

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Medication Guide
Rx Only

MEDICATION GUIDE
SIMPONI™ (SIM-po-nee)
(golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

What is the most important information I should know about SIMPONI?
SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.
- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:
- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
  - muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinate more often than normal
  - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor, if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

What is SIMPONI?
SIMPONI is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker. SIMPONI is used in adults:
- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non- steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?
SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:
- have an infection (see **"What is the most important information I should know about SIMPONI?").**
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:
- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?
- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector. Your doctor will prescribe the type that is best for you.
- See the detailed **Patient Instructions for Use** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

What are the possible side effects with SIMPONI?
SIMPONI can cause serious side effects including:

Serious Infections
(See **"What is the most important information I should know about SIMPONI?").**

Hepatitis B infection in people who carry the virus in their blood.
- If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with

SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Cancer

- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.
- If you use SIMPONI or other TNF blockers, your risk of getting lymphoma or other cancers may increase.

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.

- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).

Nervous System Problems

Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.

- Tell your doctor right away if you get any of these symptoms:
  - vision changes
  - weakness in your arms or legs
  - numbness or tingling in any part of your body

Liver Problems

Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:

- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems

Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:

- upper respiratory tract infection
- nausea
- abnormal liver tests
- redness at the site of injection
- high blood pressure
- bronchitis
- dizziness
- sinus infection (sinusitis)
- flu
- runny nose
- fever
- cold sores
- numbness or tingling

Other side effects with SIMPONI include:

- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of Lupus. Tell your doctor if you have any of these symptoms:
  - a rash on your cheeks or other parts of the body
  - sensitivity to the sun
  - new joint or muscle pains
  - becoming very tired
  - chest pain or shortness of breath
  - swelling of the feet, ankles, and/or legs
- **Psoriasis.** Some people using TNF-blocker medicines including SIMPONI had new psoriasis or worsening of psoriasis that they already had. Symptoms of psoriasis include: red scaly patches or raised bumps that are filled with pus on the skin. Psoriasis may go away or get better after stopping SIMPONI in some people.
- **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:
  - hives
  - swollen face
  - breathing trouble
  - chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?

- Refrigerate SIMPONI at 36ºF to 46ºF (2ºC to 8ºC).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.

General Information about SIMPONI

Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.

- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals.
  For more information go to www.simponi.com or call 1-800-457-6399.

What are the ingredients in SIMPONI?

Active ingredient: golimumab.
Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:
Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

Revised: April 2009
25GL09061

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Simponi™
golimumab

Better Homes and Gardens®

on everything but your budget.

features we love

- Fresh colors and patterns with decorator hem details
- Easy-care cotton-rich percale for a smooth wrinkle-resistant touch
- Set includes two pillowcases, flat and fitted sheets for twin, full, queen or king beds
- Covers mattresses up to 16" thick

Romantic Purple Floral Damask Queen Sheet Set, $29.88 Shown with Tufted Comforter Set in Red Currant and solid pillowcases in Delicate Lavender

For less than $40*, you can dress your bed with cotton-rich percale sheets that only look like they cost a fortune. They're pretty and practical, crisp and comfortable. Classic patterns mix with coordinating comforters and shams for a high style look at budget-happy prices.

WWW.BHGLIVEBETTER.COM

Available at Walmart
Save money. Live better.

*King size set, excluding sales tax

’til spring comes

HOUSEPLANTS BREATHE LIFE INTO THE LONG WINTER DAYS. That is, if the moisture-zapping atmosphere of a heated home doesn’t suck it out of them first. Succulents have no such trouble. These drought-tolerant plants only need a bright location and water every week or two. Plus, their unusual shapes and colors are intriguing decorative accents, making them the perfect indoor companions. Pictured: yellow-edged *Sansevieria*, gray *Echeveria*, and two *Aloe* (background).

For buying information see page 220.

PHOTO: PETE KRUMHARDT

the gardener

TOOLS & TIPS FOR EVERYONE WHO LOVES TO DIG

by ERIC LISKEY

My friend Joni and I share everything. So of course, I told her about my once-a-year osteoporosis treatment.

Meet Reclast, the **only** osteoporosis treatment that can help protect your bones for a full year in a single dose.

- One intravenous (IV) dose a year helps strengthen bones and protect them from fracture, when taken with daily calcium and vitamin D
- No other osteoporosis treatment is approved to help protect from fracture in more places: hip, spine, even other bones
- IV given by a doctor or nurse for no less than 15 minutes once a year

Prescription Reclast is approved for the treatment of postmenopausal osteoporosis

You've got to ask your doctor if Reclast is right for you.

Reclast®
(zoledronic acid) injection
5 mg/100 mL for infusion

1-866-Reclast www.reclast.com

Important information:
You should not take Reclast if you're on Zometa® (zoledronic acid) Injection because it contains the same active ingredient. Additionally, you should not take Reclast if you have low blood calcium, kidney problems, or are allergic to Reclast. If you are pregnant, plan to become pregnant, or are nursing, you should not take Reclast.

It's important to drink fluids before getting Reclast to help prevent kidney problems. The most common side effects include flu-like symptoms, fever, muscle or joint pain, headache, nausea, vomiting and diarrhea. Tell your doctor if you have dental problems because rarely, problems with the jaw have been reported with Reclast. Discuss all medicines you are taking, including prescription and non-prescription drugs, vitamins and herbal supplements. If you develop severe bone, joint or muscle pain, numbness, tingling or muscle spasms, contact your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.
If you don't have prescription coverage and can't afford your medicines, log onto www.pap.novartis.com or call 1-800-245-5356.

Reclast. Year-long protection for on-the-go women.

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Please see next page for important product information.

FEBRUARY GARDENER

Q: How soon can I plant cool-season flowers?

A: Pansies, *right*, can handle hard freezes, though they won't grow much until the weather warms. Other cool-season flowers such as snapdragon and calendula are less hardy but can tolerate light frost. If the danger of a hard freeze has passed and the soil has thawed, it's safe to plant cool-season annuals.

Do you have a gardening question? We'll answer it! Go to BHG.com/gardendoctor.

TALKING POINTS

Some vegetables are worth growing just because they're conversation starters. 'Striped Toga' eggplant, *above*, is one example—it's edible, but more useful as a decoration. Find many more unusual varieties at rareseeds.com, tomatogrowers.com, heirloomseeds.com, and seedsavers.org (where we found 'Striped Toga').

PHOTOS (PANSY) BLAINE MOATS; (EGGPLANT AND "SPRING") PETE KRUMHARDT; (WEEDER AND "SUMMER") KRITSADA

Important Patient Information

Reclast® (zoledronic acid) injection™ (Re-clast)

WHAT IS RECLAST?

Reclast is a prescription medication used to treat osteoporosis in women after menopause.

If your doctor prescribes Reclast, you will be given one intravenous (IV) treatment of Reclast for at least 15 minutes to help reduce the risk of osteoporosis-related fractures for twelve months.

WHO SHOULD NOT USE RECLAST?

Anyone who has low blood calcium, is allergic to Reclast, or takes Zometa® (zoledronic acid) Injection should not take Reclast.

WHAT SHOULD I BE AWARE OF BEFORE TAKING RECLAST?

- Reclast contains the same active ingredient found in Zometa. Therefore, if you are being treated with Zometa, you should not take Reclast.
- You should take calcium and vitamin D daily as directed by your doctor.
- If you have low blood calcium, have had parathyroid, thyroid, or intestinal surgery, or have malabsorption syndrome, talk to your doctor.
- Patients with kidney problems should not take Reclast. Your doctor may perform a simple blood test to check your kidney function before administering Reclast.

WHAT SHOULD I BE AWARE OF BEFORE TAKING RECLAST? *(continued)*

- Rarely, jaw bone problems have been reported in patients treated with drugs in this class, including Reclast. Your doctor should give you a routine oral exam prior to prescribing Reclast.
- If you are pregnant, Reclast may cause harm to your baby. Therefore, you should not take Reclast if you are pregnant, plan to become pregnant or nursing.
- Infrequently, severe incapacitating bone, joint, or muscle pain may occur. Tell your doctor if you experience any of these symptoms.

WHAT ARE THE MOST COMMON SIDE EFFECTS OF RECLAST?

The most common side effects include:

- flu-like illness
- fever
- muscle or joint pain
- headache
- nausea
- vomiting
- diarrhea

Most occur in the days following treatment. A mild pain reliever such as acetaminophen may reduce these symptoms.

For a complete list of Reclast's possible side effects, ask your doctor.

WHAT SHOULD I KNOW ABOUT TAKING RECLAST WITH OTHER MEDICATION?

- You should not take Reclast if you are taking Zometa.
- Tell your doctor about any antibiotics that you are currently taking. Certain antibiotics called aminoglycosides may lower your blood calcium for a long period of time.
- You should tell your doctor if you take diuretics.

STILL HAVE QUESTIONS?

This is only a summary of important information. Ask your doctor for more complete product information, or

- Call 1-866-RECLAST, or
- Visit www.reclast.com.

NOVARTIS

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Printed in U.S.A. April 2009
RST-900625

YARD GOODS

Looking for an angle

How many times have you tried to pull up a weed, only to watch it snap off at soil level and eventually regrow? The Angle Weeder severs weeds underground, so when you pull them up, you get roots and all. Available in both left- and right-handed versions. $18; createagarden.com

SPRING

SUMMER

pretty! FOR PLANTING IDEAS see pg. 100

GOTCHA COVERED

To help bulbs rebloom year after year, it's important to let their leaves wither naturally. Fading foliage is unattractive, but if you plant bulbs among perennials and annuals, these plants will grow in to conceal the dying bulb leaves, as in these "before" and "after" shots, *above*, from the Better Homes and Gardens Test Garden®. To ensure rebloom, bulbs must be "naturalizers," which is stated on labels.

Blue Moon Birdfeeder
$20; **gardeners.com/bhg**

4 things to do for soon-to-arrive birds.

When birds warble their first hopeful songs of spring, it's time to get busy in your yard.

- **Tidy up the house.** Birds turn up their beaks at messy houses. Roll out the welcome mat by removing old nesting material, which can harbor harmful parasites.
- **Prepare for turf wars.** Birds get territorial when love is in the air, even to the point of attacking their own reflection. To avoid fatal collisions, use decals or tape strips on windows; mount feeders less than 3 feet or more than 30 feet from glass.
- **Keep feeders filled.** By late winter, nature's larder of berries and seeds is low. Birds appreciate handouts of sunflower seeds, peanuts, nyjer, proso millet, and suet.
- **Provide fresh water.** Birds love birdbaths, especially when other water sources are frozen. To keep water from icing over, use an electric birdbath heater.

— Jane McKeon, *Nature's Garden* editor

What do you think?

WHAT KIND OF FLOWER DO YOU MOST LIKE TO RECEIVE ON VALENTINE'S DAY? Take our online poll, and see how your favorite compares to others'. It might even give you an idea of what to get for your someone special. Visit *BHG.com/favoriteflower* and fill us in.

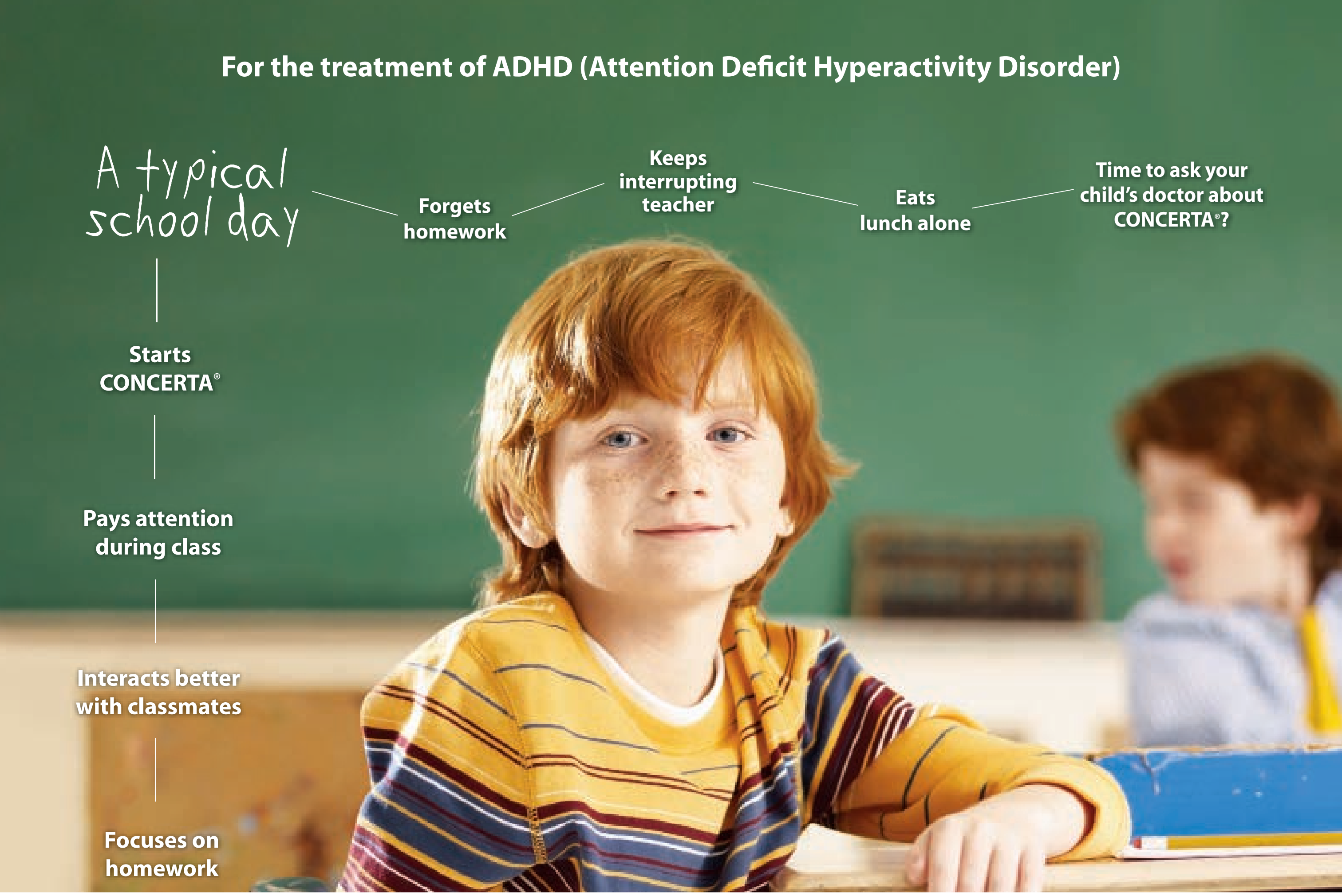
THIS MONTH IN THE GARDEN

north While trees and shrubs are still dormant, finish any needed pruning. One exception: Don't trim spring-flowering shrubs such as lilac, magnolia, and forsythia until after they finish blooming.

south As fescue lawns start actively growing again, apply the first feeding of the year. Use a fertilizer/crabgrass-preventer mix if you've had problems with crabgrass in previous years.

west Tender summer bulbs such as canna, gladiolus, caladium, elephant ear, and dahlia, *above*, can be planted now (except in colder high-elevation areas).

PHOTOS: (BIRDFEEDER) KRITSADA; (FINCH) DAYBREAK IMAGERY; (ALL OTHERS) PETE KRUMHARDT



CONCERTA® CAN HELP YOUR CHILD GET ON THE PATH TO SUCCESS IN MANAGING ADHD.

Be sure to talk to a healthcare professional to find out if CONCERTA® is right for your child.

RECEIVE UP TO 30 DAYS OF CONCERTA® FREE

Visit **concertacoupon1.com** or text **ADHD1** to **87415** now to download your coupon.

- CONCERTA® has 9 years of proven safety
- CONCERTA® controls ADHD symptoms throughout the day, including the all-important after-school homework hours

START HERE ONCE-DAILY CONCERTA® methylphenidate HCl CII Extended-release tablets 18 mg, 27 mg, 36 mg, 54 mg GET THERE

CONCERTA® is a prescription product approved for the treatment of attention deficit hyperactivity disorder (ADHD) as part of a total treatment program that may include counseling or other therapies.

IMPORTANT SAFETY INFORMATION. Talk to your healthcare professional for a proper diagnosis and treatment of ADHD. Only a healthcare professional can decide whether medication is right for you or your child. CONCERTA® should not be taken by patients who have: allergies to methylphenidate or other ingredients in CONCERTA®; significant anxiety, tension, or agitation; glaucoma; tics, Tourette's syndrome, or family history of Tourette's syndrome; current or past use of monoamine oxidase inhibitor (MAOI); esophagus, stomach, or intestinal narrowing. Children under 6 years of age should not take CONCERTA®. Abuse of methylphenidate may lead to dependence. Tell your healthcare professional if you or your child has had problems with alcohol or drugs; has had any heart problems, heart defects, high blood pressure, or a family history of these problems; has had depression, abnormal thoughts or visions, bipolar disorder, or seizure. Contact your healthcare professional immediately if you or your child: develops abnormal thinking or hallucinations, abnormal or extreme moods and/or excessive activity; or if aggressive behavior or hostility develops or worsens while taking CONCERTA®. Your child's healthcare professional should check height and weight often and may interrupt CONCERTA® treatment if your child is not growing or gaining weight as expected. Stimulants may impair the ability of the patient to operate potentially hazardous machinery or vehicles. Caution should be used accordingly until you are reasonably certain that CONCERTA® does not adversely affect your ability to engage in such activities. The most common adverse reaction (>5%) reported in children and adolescents was upper abdominal pain. The most common adverse reactions (>10%) reported in adults were dry mouth, nausea, decreased appetite, headache, and insomnia.

Please see Medication Guide on adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

access2wellness™
For information on free or discounted prescription medications, visit access2wellness.com or call 866-317-2775.

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MEDICATION GUIDE
CONCERTA® (kon SER-ta)
(methylphenidate HCl) Extended-release Tablets CII

Read the Medication Guide that comes with CONCERTA® before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with CONCERTA®.

What is the most important information I should know about CONCERTA®?

The following have been reported with use of methylphenidate HCl and other stimulant medicines:

1. **Heart-related problems:**
   - **sudden death in patients who have heart problems or heart defects**
   - **stroke and heart attack in adults**
   - **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting CONCERTA®.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with CONCERTA®.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking CONCERTA®.

2. **Mental (Psychiatric) problems:**

   All Patients
   - **new or worse behavior and thought problems**
   - **new or worse bipolar illness**
   - **new or worse aggressive behavior or hostility**

   Children and Teenagers
   - **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking CONCERTA®, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is CONCERTA®?

CONCERTA® is a central nervous system stimulant prescription medicine. **It is used for the treatment of attention deficit and hyperactivity disorder (ADHD).** CONCERTA® may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

CONCERTA® should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

CONCERTA® is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep CONCERTA® in a safe place to prevent misuse and abuse. Selling or giving away CONCERTA® may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take CONCERTA®?

CONCERTA® should not be taken if you or your child:

- are very anxious, tense, or agitated
- have an eye problem called glaucoma
- have tics or Tourette's syndrome, or a family history of Tourette's syndrome. Tics are hard to control repeated movements or sounds.
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI.
- are allergic to anything in CONCERTA®. See the end of this Medication Guide for a complete list of ingredients.

CONCERTA® should not be used in children less than 6 years old because it has not been studied in this age group.

CONCERTA® may not be right for you or your child. Before starting CONCERTA® tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, or high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- seizures or have had an abnormal brain wave test (EEG)
- esophagus, stomach, or small or large intestine problems

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can CONCERTA® be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and nonprescription medicines, vitamins, and herbal supplements. CONCERTA® and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking CONCERTA®.

Your doctor will decide whether CONCERTA® can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- seizure medicines
- blood thinner medicines
- blood pressure medicines
- cold or allergy medicines that contain decongestants

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking CONCERTA® without talking to your doctor first.

How should CONCERTA® be taken?

- **Take CONCERTA® exactly as prescribed.** Your doctor may adjust the dose until it is right for you or your child.
- **Do not chew, crush, or divide the tablets.** Swallow CONCERTA® tablets whole with water or other liquids. Tell your doctor if you or your child cannot swallow CONCERTA® whole. A different medicine may need to be prescribed.
- CONCERTA® can be taken with or without food.
- Take CONCERTA® once each day in the morning. CONCERTA® is an extended release tablet. It releases medication into your/your child's body throughout the day.
- The CONCERTA® tablet does not dissolve completely in the body after all the medicine has been released. You or your child may sometimes notice the empty tablet in a bowel movement. This is normal.
- From time to time, your doctor may stop CONCERTA® treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking CONCERTA®. Children should have their height and weight checked often while taking CONCERTA®. CONCERTA® treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much CONCERTA® or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of CONCERTA®?

See **"What is the most important information I should know about CONCERTA®?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision
- blockage of the esophagus, stomach, small or large intestine in patients who already have a narrowing in any of these organs

Common side effects include:

- decreased appetite
- dry mouth
- trouble sleeping
- dizziness
- stomach ache
- increased sweating
- headache
- nausea
- anxiety
- weight loss
- irritability

Stimulants may impair the ability of you or your child to operate potentially hazardous machinery or vehicles. You or your child should exercise caution until you/your child is reasonably certain that CONCERTA® does not adversely affect your/your child's ability to engage in such activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to McNeil Pediatrics at 1-888-440-7903.

How should I store CONCERTA®?

- Store CONCERTA® in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from moisture.
- **Keep CONCERTA® and all medicines out of the reach of children.**

General information about CONCERTA®

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use CONCERTA® for a condition for which it was not prescribed. Do not give CONCERTA® to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about CONCERTA®. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CONCERTA® that was written for healthcare professionals. For more information about CONCERTA® call 1-888-440-7903.

What are the ingredients in CONCERTA®?

Active Ingredient: methylphenidate HCl

Inactive Ingredients: butylated hydroxytoluene, carnuba wax, cellulose acetate, hypromellose, lactose, phosphoric acid, poloxamer, polyethylene glycol, polyethylene oxides, povidone, propylene glycol, sodium chloride, stearic acid, succinic acid, synthetic iron oxides, titanium dioxide, and triacetin.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Manufactured for
McNeil Pediatrics
Division of Ortho-McNeil-Janssen Pharmaceuticals, Inc.
Titusville, NJ 08560

McNeil Pediatrics™
DIVISION OF ORTHO-MCNEIL-JANSSEN PHARMACEUTICALS, INC.

Revised: June 2009 10180601

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looks that cook

Caterer and *Top Chef* finalist Carla Hall dishes on her recipe for success—and how she likes to dress her greens.

GREEN THUMBS-UP
"Wearing bright emerald just makes me happy," Carla says. "It's even a shade I've picked for my eyeglass frames." Good thing there's plenty of green in stores this season. Dress, Plenty by Tracy Reese, $130; 212/807-0505. Karolina belt, Club Monaco, $59; clubmonaco.com for locations. Earrings, Alexis Bittar, $205; alexisbittar.com. Beaded silk thread bracelet, Ettika, $30; ettika.com Monarchy charm bracelet, Givenchy, $110; 800/578-4552 for stores. Additional accessories, see page 222.

by KELLY L. PHILLIPS
photos PERRY HAGOPIAN
styling JONNY LICHTENSTEIN

SET DESIGN: MARCUS HAY; HAIR: GILLIAN KUHLMANN; MAKEUP: SUZANNE KATZ; PROPS: ONE ROUND FRENCH OVEN, ONE OVAL FRENCH OVEN BY LE CREUSET; DACKE SHEVLING UNIT AND VARDE WOODEN ISLAND ALL FROM IKEA, WWW.IKEA.COM

style FASHION

MEET Carla Hall, 45, owner of Alchemy Caterers in Washington, D.C., and *Top Chef* season 5 finalist

HER SPECIALTY "Quite simply, good food. I believe anyone can cook something delicious if it's done with heart, patience, and passion."

HER MOTTO "If you're in a bad mood, the only thing you should make is reservations."

ON *TOP CHEF* "I don't believe anyone wants to be judged on what they create—publically, no less—but it's constructive criticism that has helped me grow the most. Being on the show was rewarding, and believe it or not, I'd do it again."

HER STYLE "My day-to-day clothing is standard: a denim chef's coat, black pants, and a long black bistro apron. After work, I'm usually still in pants. My mother taught me to embrace being long and lean, so when I go out, I break out my 4-inch heels.

FOOD FOR THOUGHT "Don't follow a recipe to the letter. Change up your creations, embellish, and embrace your failures—a risky move could translate into your signature dish."

"Great cooking means using all of your senses—sight, sound, taste, touch—as well as trusting your heart and instincts. When you're that engaged, you can't go wrong."

GREEN ENVY "Besides my glasses, earrings are my favorite accessories. Make them bold!" Lime and emerald greens, variations of Carla's favorite shade, enliven a neutral pant and heel. V-neck sweater, BCBG cashmere sweater, $188; bcbg.com. "Domino effect" scarf, Bindya, $95; kitson.com. Cotton twill cargo pants, Tory Burch, $185; toryburch.com. Hoops with fringe details, Sequin, $48; 212-398-7363. Additional accessories, see page 222.

Vaseline® Clinical Therapy™
"To be sure it worked, I decided to run my own test."
Stuart Browning
Kodiak, Alaska
Vaseline® Clinical Therapy™ delivers 60% more moisture than a prescription moisturizer.
After applying prescription strength Vaseline® Clinical Therapy™ to just one hand for a week, Stuart Browning didn't just experience this fact. He proved it. If it can work on Stuart in Alaska, imagine what it can do for you everyday.
(WITH)
(WITHOUT)
Vaseline
intensive rescue
clinical therapy™
skin protectant body lotion
unique formulation clinically proven to provide prescription strength moisturization
unfragranced
Vaseline
intensive rescue
clinical therapy™
skin protectant body lotion
Prescription strength moisturization you can use everyday.
keeping skin amazing™
© 2009 Unilever. Results may vary.

"I count Katharine Hepburn among my style muses—I really love her masculine-feeling, tailored looks."

GOLD STAR Contrast a loose, flowy pant with a long cardigan. Metallic accents add richness. Boyfriend cardigan, Boden, $88; bodenusa.com. Evie ruffled top, J.Crew, $80; jcrew.com. Bedtime story satin trouser, Sir Alistair Rai, $95; siralistairrai.com. Gold belt, Adia Kibur, $95; lifemix.net. Gemma C cork clutch, Kara Ross, $400; at Bergdorf Goodman

PHOTOS: JEFF HARRIS; TECHNICAL STYLING: CLAIRE TEDALDI

WILD AT HEART "My taste leans classic with funky twists—and this trench embodies just that." Herringbone print trench, The Limited, $148; thelimited.com. Hammered satin blouse, Victor Alfaro, $42; bonton.com. New-look glam skirt, Yoana Baraschi, $217; Eros, 225/218-9600. Cuff bracelet, Adia Kibur, $53; lifemix.net

SECOND NATURE Dress up a casual cargo pant with artful layering. Animal print cardigan, Victor Alfaro, $49; bonton.com. Italian linen and viscose scarf, Love Quotes, $84; singer22.com. Tank with sequin trim, DKNY Jeans, $34; 800/777-4524 for stores. Marisa fit cargo pant, Victoria's Secret, $49; victoriassecret.com

CARBON NEUTRALS Offset darker hues with a bright pop of color—we added a sunny grosgrain ribbon at the waist. Feather print shell top, Kenneth Cole, $69; kennethcole.com. Peni pant, BB Dakota, $70; needsupply.com. Bead-and-ribbon necklace, Adia Kibur, $42; lifemix.net. Yellow ribbon (used as belt), M&J Trimming, from $1/yard; mjtrim.com

GREEN AMBITION Keep things simple with an elegant eyecatcher. Emerald cascade dress, BCBGeneration, $98; at Macy's stores

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FEAR OF NOTHING
When competition is fierce, fear is not an option. That's why athletes like Allison Baver use **Secret Clinical Sport** – the antiperspirant that performs like a champion. Secret. **Proud sponsor of all the fearless athletes of the U.S. Olympic Team.**
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CLINICAL STRENGTH SPORT
FEARLESSNESS
APPLY DAILY
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code: RED

There's a good reason red lips never go out of style. They exude sophistication, glamour, and elegance. Finding the best shade can be a daunting task, but it's worth the effort. The right red lipstick will make you look and feel fantastic. Here's how to make your perfect match.

by **MELISSA MILRAD GOLDSTEIN** photos **JEFF HARRIS** styled by **MARISSA GIMENO**

LIP SERVICE

▶ **HUE CHOOSE** The rule of thumb is: Blue-reds are most flattering on cool, pink skin tones; orange-reds are best suited for warm, yellow undertones. Next consider texture. Matte finishes are perfectly appropriate for a Valentine's dinner celebration, while a lighter cream or gloss is great for everyday wear.

▶ **WEAR IT WELL** Be sure to take your time when applying red lipstick. And keep the rest of your makeup neutral: light shadow, eye liner, mascara, and a bit of blush.

MODERN CLASSICS

A classic ruby red mixes warm and cool undertones, making it the right red for most everybody (from top):

▶ **WET N' WILD** Silk Finish lipstick in Hot Red, $1

▶ **SHISEIDO** Perfect Rouge in Cerise, $25

▶ **ELIZABETH ARDEN** Color Intrigue Effects Lipstick in Poppy Cream, $20

▶ **GIORGIO ARMANI** Rouge d'Armani lipstick in #401, $30

▶ **MAYBELLINE** Color Sensational Lipcolor in Are You Red-dy, $8

♥ mark your calendar

Friday, February 5, is National Wear Red Day to raise awareness of heart disease. Complete your look with a swipe of red lipstick. The first 500 readers to e-mail us at bhgbeauty@meredith.com with their name and address will receive a tube of **Maybelline** New York Color Sensational Lipcolor. See *page 220* for details.

style **BEAUTY**

power tools

Ionic? Ceramic? Tourmaline? Meet the 21st-century hair dryer, tailored to specific needs—and price points. Here's the lowdown on these high-tech hotties.

COST Does price really matter? In some cases, yes. While you can find quality at different price points, professional-quality dryers have more durable and quieter motors, features to minimize damage, plus a warranty.

▶ **IONIC** Breaks up water molecules to dry hair quicker, without frizziness. Good for everyone. **Our choice:** *Infiniti by* ***Conair*** *i-Series Folding Handle Hair Dryer*, $23

▶ **CERAMIC** Ceramic coils produce a high-heat drying effect with less heat damage. For women who need a bit more muscle than a conventional dryer offers. **Our choice:** ***Solano*** *Top Power 3200 Dryer*, $145

▶ **TOURMALINE** The addition of ground tourmaline, a semiprecious gem, generates heat, boosting the dryer's ionic power. Ideal for those who spend a lot of time with their hair dryer. **Our choice:** ***Babyliss*** *Pro TT Tourmaline Dryer*, $100

{ Straight flush }

GOOD FOR YOU How do you reinvent blush, that terribly important yet not terribly innovative makeup staple? **Cover Girl** hit the mark with its **Simply Ageless Sculpting Blush**, four smooth, skin-flattering shades swirled with a ribbon of Olay Regenerist serum that keeps color from settling into fine lines. All in all, this blush really stacks up, $11.

lucky no. 7

Boots No. 7 Protect & Perfect Beauty Serum became a sensation when the British Journal of Dermatology showed it was comparable to prescription Retin A. Lightning struck again two years later when a souped-up "Intense" version came to market. Now Target sells one bottle of Boots Protect & Perfect Intense Beauty Serum every 8 seconds, $23.

Winter Rx

Crack the cold-weather code with exciting formulations that nourish skin deep down. Start in the shower with **Dove** Deep Moisture Nourishing Body Wash, $4. Then finish with a layer of **Vaseline** Sheer Infusion, $7.

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"Silky-feeling hands in winter? Sounds like a great way to wring in the new year."
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HAND RENEWAL
WITH OLAY® BEAUTY
IMPROVES THE LOOK & FEEL OF HANDS IN 5 USES
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321
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CALORIES BURNED
per 30 mins. *source: Adelphia University Study

hydrate!

The right facial moisturizer does more than keep skin looking healthy, dewy, and glowing—it wards off signs of aging. But how do you choose? Here's what you need to look for.

By Melissa Milrad Goldstein

Confused by all the facial creams on the market and the jargon that comes with them? Creams, lotions, serums, gels, emulsions, elixirs, and treatments all make big promises. Anti-aging, anti-wrinkle, lifting, firming, toning, brightening, clarifying, nourishing, energizing , cellular revitalizing, Botox-like, pore minimizing, oil mattifying, and damage reversing. Dizzy yet? We called in "cosmetics cop" Paula Begoun, author of *Don't Go to the Cosmetics Counter Without Me,* to ferret out the facts.

"The days of plain water-and-wax moisturizers are over," Begoun says. "To be of any value for skin, a moisturizer must be formulated with three components, no matter what your skin type. They are: **antioxidants**, **skin-identical ingredients**, **and cell-communicating ingredients**. As long as the product you are using contains a selection of these types of ingredients, you are going to be taking the best possible care of your skin."

ANTIOXIDANTS These ingredients are said to reduce or prevent free radicals (unstable oxygen molecules), which contribute to skin aging, while also protecting skin from the degenerative effects of the sun. But which antioxidant is the best? "There is no single best one, and many work well together," says Begoun. But one thing they all share is that they deteriorate when exposed to air or light. So seek out moisturizers packed in opaque tubes or bottles with an opening that is small enough to minimize exposure to air and ensure potency—which admittedly may be hard for those with dry skin types. Because of their rich texture, most creams for dry skin are packaged in jars.
Look for: ingredients like coenzyme Q10, grape seed or green tea, vitamins C and E, pomegranate, or acai.

"Using an antiquated formula is like using a computer made in the 1980s. That would be cheating your skin by not giving it the best that's out there," says "cosmetics cop" Paula Begoun.

This Valentine's Day *get a fresh breath feeling that lasts up to* ***5X*** *longer.**

*vs. brushing alone

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SKIN-IDENTICAL INGREDIENTS We've been conditioned to think that to combat dry skin *more* moisture needs to be added. But that isn't the case. "Rather, we need to help skin *retain* the water it has," says Begoun. Sun damage, chemical irritation, over-cleansing, dry air, indoor heaters, and skin disorders all compromise skin's barrier. Skin-identical ingredients mimic substances that keep the barrier moist and supple.
Look for: labels that include ceramide, lecithin, glycerin, hyaluronic acid, sodium PCA, or cholesterol.

CELL-COMMUNICATING INGREDIENTS The future of anti-aging may rest with these ingredients, which communicate to damaged skin cells, telling them to behave as younger, healthy skin cells would. "Though this area of research is still in its infancy, two easily found cell-communication ingredients are known to show results: retinol and peptides," says Begoun. "Retinol is the technical name for vitamin A. It helps promote collagen production and improves skin tone and elasticity while warding off fine lines and hyperpigmentation. Peptides are amino acid chains that act as messengers between skin's outer and inner layers. They're also great water-binding agents."
Look for: anything that mentions peptides or retinol.

AND DON'T FORGET ABOUT SUNSCREEN The best ingredients and technologies in the world won't do anything for your skin if you aren't shielding it from UV rays. Sunscreen is also what differentiates a daytime moisturizer from a nighttime one (the former includes SPF, the latter does not). Do you need two separate moisturizers? Nope—provided you're using a sunscreen over your moisturizer every morning.

So will you find that fountain of youth in a tube of moisturizer? Let's just say that what's inside the package matters more than what's written on the outside. There is no one single miracle ingredient, but a combination of the right ones are key to a healthy and radiant complexion.

what's your type?

These day and nighttime moisturizers have all the ingredients for your skin type.

▶ **If your skin is DRY...**
Use emollient creams and balms.
A.M. Olay Regenerist UV Defense Regenerating Lotion, SPF 50, $30
P.M. Ole Henriksen Sheer Transformation Perfecting Creme, $45

▶ **If your skin is NORMAL...**
Think light lotions and creams.
A.M. Mary Kay Time Wise Day Solution SPF 25, $30
P.M. Alpha Hydrox Retinol Night ResQ, $15

▶ **If your skin is SENSITIVE...**
Avoid colors, fragrances, and harsh, irritating ingredients.
A.M. Obagi Nu-Derm Physical UV Block SPF 32, $42
P.M. Neutrogena Oil Free Moisture for Sensitive Skin, $13

▶ **If your skin is COMBINATION...**
Pick out serums, gels, and lotions.
A.M. Aveeno Positively Ageless Daily Moisturizer, SPF 30, $21
P.M. Clinique Turnaround Concentrate Visible Skin Renewer, $40

▶ **If your skin is OILY...**
Keep it simple with gels and liquids.
A.M. Paula's Choice Skin Balancing Daily Mattifying Lotion, SPF 15, $21
P.M. MD Formulations Moisture Defense Antioxidant Hydrating Gel, $45

Finally a fresh breath feeling that lasts longer.

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For a fresh breath feeling that lasts up to 5x longer* – *and* whiter teeth – try

new Crest Extra White + Scope Outlast.

*vs. ordinary toothpaste

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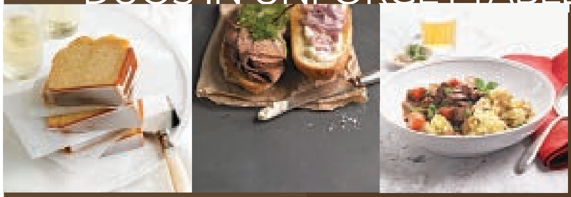
perfect pairs

SOME FLAVORS, LIKE SOME PEOPLE, ARE JUST MADE FOR EACH OTHER. IN HONOR OF VALENTINE'S DAY WE'VE USED THREE OF OUR FAVORITE DUOS IN UNFORGETTABLE MAIN DISHES, SIDES, AND DESSERTS.



chocolate + vanilla page 134

salt + pepper page 142

steak + potatoes page 151

TWO BELOVED FLAVORS, ENDLESS POSSIBILITIES. RENOWNED DESSERT MAKER ALICE MEDRICH SHARES EIGHT RECIPES, FROM MIDNIGHT SNACKS TO DINNER PARTY DESSERTS, THAT TURN "SIMPLE" INTO SIMPLY DELICIOUS.

chocolate &

CHOCOLATE STACK LOAF

by RICHARD SWEARINGER photos ANDY LYONS recipes ALICE MEDRICH food styling JILL LUST prop styling SUE MITCHELL

VANILLA-SPARKLING WINE POUND CAKE

SPARKLING WINE IN THE BATTER MEANS THIS POUND CAKE, *ABOVE*, HAS THE CELEBRATION BAKED IN. THE CHOCOLATE LOAF, *OPPOSITE*, IS OUR EASIEST EVER—IT TAKES JUST ONE BOWL, ONE PAN, AND LESS THAN AN HOUR.

Recipes begin on page 164

MAKE A VANILLA TRIPLE PLAY: THE FLAVOR IS IN THE CREAMY CUSTARD, THE COOKIE CRUST, AND THE BRANDY-SOAKED PEARS.

VANILLA TART WITH NUTMEG CRUST AND SPICED PEARS

RUSTIC CHOCOLATE PIE

BEST ENJOYED WARM FROM THE OVEN, THIS MUNCHABLE TREAT HAS AN AIRY BROWNIE FILLING AND A FLAKY, BUTTERY CRUST. *Recipes begin on page 164*

CHOCOLATE PUDDING WEDGES WITH CINNAMON TOASTS

CHOCOLATE PUDDING—SO THICK IT CAN BE CUT IN WEDGES—IS SERVED ON SLICES OF CINNAMON TOAST. "IT'S A LITTLE BIT OF CHILDHOOD ALL GROWN UP," SAYS ALICE MEDRICH, WHO IS KNOWN AS "THE QUEEN OF CHOCOLATE."

TINY SPECKS OF VANILLA BEAN FLOAT IN CREAMY CUSTARD, PROMISING THE INTENSE FLAVOR THAT ONLY THE REAL THING CAN DELIVER TO DESSERT. A SPRINKLE OF SEA SALT ON TOP ADDS INTRIGUE. *Recipes begin on page 164*

VANILLA FLAN WITH BUTTERSCOTCH SAUCE

SETTLE IN FOR SOME QUIET TIME WITH COOKIES FULL OF BITTERSWEET CHOCOLATE, CRUNCHY WALNUTS, AND TANGY CANDIED ORANGE PEEL.

VANILLA DESSERT SANDWICHES

CHOCOLATE DECADENCE COOKIES

"THINK OF IT AS A DESSERT THAT JUST HAPPENS TO BE A COOKIE," ALICE SAYS. HER EXTRA-CRISP COOKIES FEATURE VANILLA CREAM CHEESE FILLING.

Recipes begin on page 164

We get carrots from a tree.

It's a family tree. Michael Abrams grows high-quality carrots for *Campbell's*® condensed soups as did his father, grandfather and great-grandfather — all on the same American family farm. We just thought you might enjoy the wholesome ingredients in our soups even more if you could trace them back to their roots.

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So many, many reasons it's so...**M'm! M'm! Good!**®

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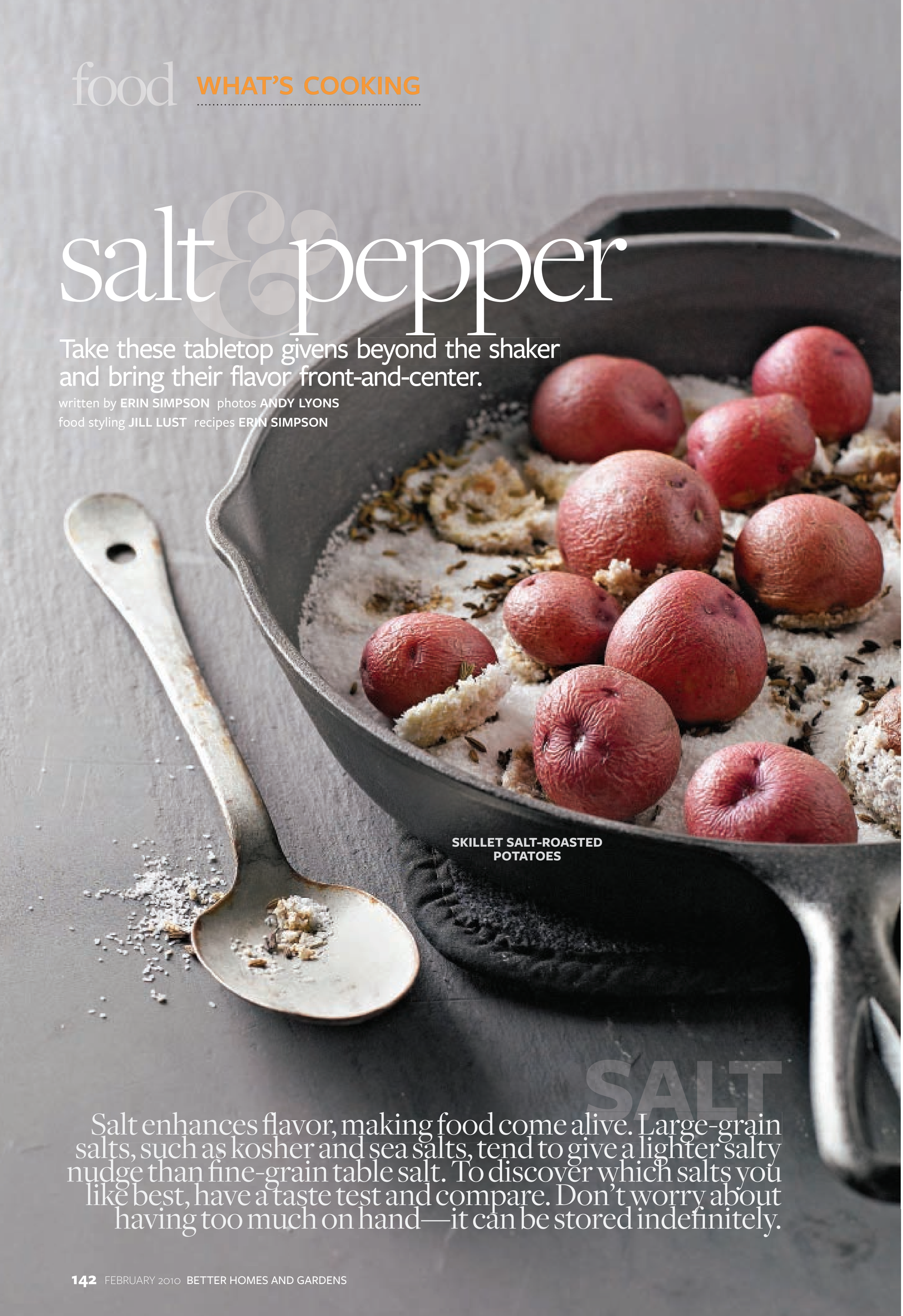
salt & pepper

Take these tabletop givens beyond the shaker and bring their flavor front-and-center.

written by ERIN SIMPSON photos ANDY LYONS
food styling JILL LUST recipes ERIN SIMPSON



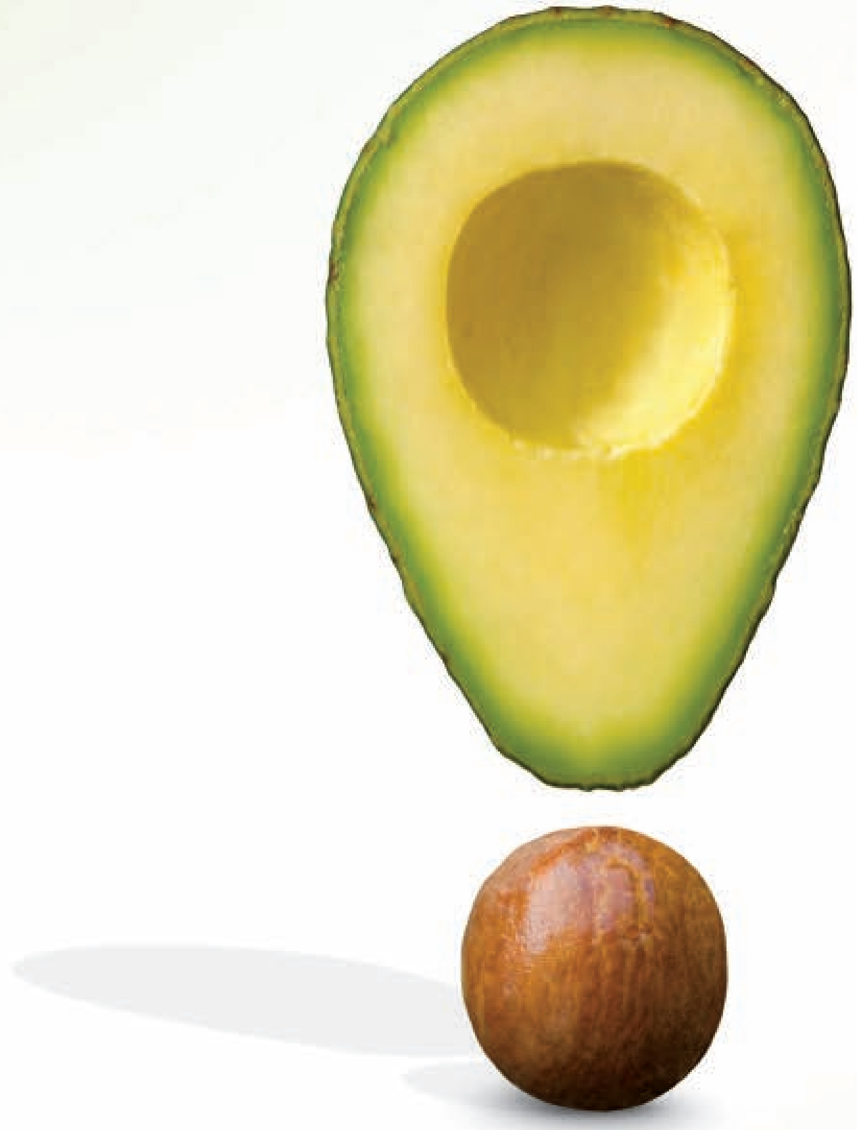
SKILLET SALT-ROASTED POTATOES

SALT

Salt enhances flavor, making food come alive. Large-grain salts, such as kosher and sea salts, tend to give a lighter salty nudge than fine-grain table salt. To discover which salts you like best, have a taste test and compare. Don't worry about having too much on hand—it can be stored indefinitely.

Avocados From Mexico

the amazing avocado™



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SKILLET SALT-ROASTED POTATOES

Coarse, inexpensive kosher salt is used to season the potatoes and create and hold an even heat as they roast on the stove top. The fennel-infused salt can be sprinkled over the cooked potatoes, or save in an airtight container and use for seasoning steamed vegetables or fish.

PREP: 15 MIN. COOK: 35 MIN. STAND: 10 MIN.

- 2 lb. red and/or yellow small new potatoes
- 2 cups kosher salt
- 1 to 2 Tbsp. fennel or caraway seeds
- 1 Tbsp. olive oil

1. Scrub potatoes; set aside. Pour salt into the bottom of a 12-inch heavy cast-iron skillet or Dutch oven, spreading evenly. Heat over medium heat about 5 minutes or until hot. Sprinkle evenly with fennel seeds.
2. Add potatoes to hot salt in skillet, pressing potatoes into salt slightly. Cover skillet. Cook 35 to 40 minutes or until tender when tested with a fork. Remove skillet from heat. Let stand, covered, 5 minutes.
3. Remove potatoes from skillet with tongs and brush excess salt from potatoes (reserve salt mixture). Transfer potatoes to a serving platter. Drizzle with olive oil. Cover with foil and let stand 5 minutes. Serve with reserved salt mixture. **MAKES 4 TO 6 SERVINGS.**

EACH SERVING *129 cal, 3 g fat, 0 mg chol, 331 mg sodium, 25 g carbo, 3 g fiber, 3 g pro.*

SHRIMP WITH PEPPERED CITRUS FRUITS

Fresh, coarsely crushed pepper lends the most flavor. To crush, place peppercorns in a clean kitchen towel and fold towel over them. Roll over towel with a rolling pin.

PREP: 30 MIN.

- 1 lb. fresh or frozen large shrimp in shells
- 3 medium clementines or seedless tangerines
- ¾ cup water
- ⅓ cup sugar
- 1 tsp. whole black peppercorns, coarsely crushed
- 1 small pink grapefruit
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- ¼ tsp. cumin
- 1 Tbsp. canola oil

1. Thaw shrimp, if frozen. For pepper-citrus sauce, remove 2 to 3 strips of the thin outer peel of *one* of the clementines with a vegetable peeler, taking care not to remove the bitter white pith. Place peel in small saucepan; add water, sugar, and peppercorns. Bring to boiling, stirring to dissolve sugar. Boil gently, uncovered, for 15 to 20 minutes or until mixture is reduced to ⅓ cup, stirring occassionally.
2. Meanwhile, peel and devein shrimp, leaving tails intact. Peel and remove white pith from *remaining* clementines and grapefruit. Cut grapefruit crosswise into 1/2-inch-thick slices. Remove seeds and set slices aside. If desired, leave one clementine whole; break remaining clementines into segments.
3. For shrimp, in a bowl combine salt, ground pepper, and cumin. Add shrimp; toss to coat. In large skillet cook shrimp in hot oil for 3 to 4 minutes or until opaque, turning occasionally. Add clementines and grapefruit to shrimp. Cover; cook over medium heat 1 minute, turning fruit once. Transfer to serving bowl. Pour pepper-citrus sauce over shrimp mixture and toss gently to coat. **MAKES 4 SERVINGS.**

EACH SERVING *260 cal, 6 g fat, 172 mg chol, 461 mg sodium, 29 g carbo, 2 g fiber, 24 g pro.*

PEPPER

Pepper gives food a smoky spice and aroma—from a light tinge of heat to a sharp and citrusy hit. The coarser the grind, the bolder the flavor.

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*I Can't Believe It's Not Butter!® 58% vegetable oil spread contains 8g fat (2g sat. fat, 0g trans fat) per serving. Smart Balance® 64% Buttery Spread contains 9g fat (2.5g sat. fat, 0g trans fat) per serving. Comparison based upon saturated fat content as displayed on product labels. Smart Balance® is a registered trademark of GFA Brands, Inc. ©2009 Unilever.

SALT

Good for more than just seasoning, salt can be used to keep foods moist. Roasting in a salt crust seals in juices—a great trick for inexpensive cuts of meat.

SALT-CRUSTED ROAST BEEF FOR SANDWICHES

The roast can be served as-is for dinner or used to build sandwiches for the week. We loved it sliced thin and piled on a baguette with mayo, sautéed onions, and greens.

PREP: 30 MIN. ROAST: 1 HR. STAND: 15 MIN. OVEN: 375°F

- 1 1-oz. pkg. dried porcini mushrooms
- 4 cloves garlic
- 2 tsp. fresh thyme leaves
- ½ tsp. freshly ground black pepper
- 2 Tbsp. olive oil
- 1 2½- to 3-lb. eye of round roast
- 3 cups all-purpose flour
- 2 cups kosher salt
- 3 Tbsp. fresh thyme leaves

1. Preheat oven to 375°F. Line a shallow baking pan with foil. In a blender or food processor place mushrooms. Blend or process until finely chopped (may take 1 to 2 minutes). Add garlic, the 2 tsp. thyme leaves, and black pepper. Cover and blend or process to chop garlic. While processor or blender is running slowly add olive oil until mixture is combined and begins to cling together. Rub mushroom-garlic mixture on outside of roast; set aside.

2. In large bowl combine flour, kosher salt, and the 3 Tbsp. thyme. Stir in 1 cup *water* to form a dough. If dough is too dry add additional water 1 Tbsp. at a time (dough will be firm). On a lightly floured surface roll dough to twice the size of roast. Place roast on one side of dough. Fold remaining dough over roast. Wet seams with a little water and pinch to seal (cut away excess dough), making sure there are no holes.

3. Roast for 1 to 1¼ hours. (135°F for rare; to check temperature, stick meat thermometer through salt crust.) Remove from oven and let stand 15 minutes. Remove salt crust by tapping with a meat mallet or small hammer. Pull crust away and discard. To serve, slice meat thinly. Serve warm or chilled for sandwiches. Store up to 3 days in the refrigerator. **MAKES 8 TO 10 SERVINGS.**

EACH SERVING *275 cal, 15 g fat, 56 mg chol, 322 mg sodium, 4 g carbo, 1 g fiber, 30 g pro.*

why a salt crust?

A salt crust works as an oven within an oven, so the beef cooks evenly and stays moist. Some salt crusts are made only of salt—a technique that is great for a whole fish that is flat. A salt-flour crust works best for a roast, because it can be rolled and shaped around the meat. To remove, tap with a meat mallet or small hammer to crack crust.

Kids. Can't return 'em, might as well feed 'em.
cheese sticks
There's nothing crankier than a hungry kid.
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So don't make yourself crazy. Make Farm Rich.
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SMASHED PEAS WITH RICOTTA TOASTS

For this side dish, black pepper is ground rather than crushed to add heat and flavor to the peas without overpowering them.

START TO FINISH: 30 MIN.

1	16-oz. pkg. frozen sweet peas
1	12-oz. pkg. frozen sweet soybeans (edamame) shelled
1	Tbsp. olive oil
4	cloves garlic, sliced
2	Tbsp. lemon juice
1	to 2 tsp. freshly ground black pepper
½	tsp. kosher salt
¼	cup snipped fresh mint
½	of a 1-lb. baguette, sliced and toasted
1	cup ricotta cheese
	Kosher salt and freshly ground black pepper
	Extra virgin olive oil

1. In large pot cook peas and soybeans in a small amount of boiling water for 5 minutes or until tender. Drain; transfer to food processor and puree.

2. In small skillet heat oil over medium heat. Add garlic and cook until tender, 1 to 2 minutes. Stir into pureed peas along with lemon juice, pepper, salt, and mint.

3. Meanwhile, for ricotta toasts, spread toasted baguette slices with the ricotta cheese. Arrange on baking sheet and broil about 4 inches from heat 1 to 2 minutes or until ricotta is warm. Sprinkle with salt and pepper.

4. To serve, drizzle peas with extra virgin olive oil and sprinkle with additional black pepper. Serve with smashed peas.

MAKES 8 SERVINGS.

EACH SERVING *274 cal, 11 g fat, 16 mg chol, 458 mg sodium, 30 g carbo, 6 g fiber, 15 g pro.*

PEPPER

Added with a light touch, black pepper gives a subtle fragrant spark to vegetables, cheese dishes, even fruit and desserts. Try different peppers, such as sweet and pungent pink peppercorns or Szechuan pepper, which is mildly spicy and has a hint of cloves and ginger.

THE 39 CLUES RACE TO WIN INSTANT WIN GAME ABBREVIATED RULES. NO PURCHASE NECESSARY TO ENTER OR WIN. Game starts 12:01 am ET on 1/5/10 and ends 11:59 pm ET on 5/31/10. Open to legal residents of 50 U.S. and D.C. Subject to Official Rules, available at www.Post39CluesRacetoWin.com and in specially-marked boxes. To enter without purchase or Internet access: handprint your name, complete address, daytime phone number (including area code) and date-of-birth on a 3" x 5" piece of paper and mail in a #10 stamped envelope to: The 39 Clues Race to Win Game, P.O. Box 614, Elmhurst, IL 60126 to be received by 5/31/10. **PRIZES/APPROXIMATE RETAIL VALUES/ODDS OF WINNING:** 4 Grand Prizes: A trip for winner and up to five family members/guests to New York, NY, and the opportunity to participate in a scavenger hunt for a chance to win a Bonus Prize from 7/15/10 to 7/18/10. ARV: $12,540 – $13,240 each. 200 1st Prizes: Backpack and autographed copies of The 39 Clues Series books #1 – #7. ARV: $120 each. Odds of winning depend upon the actual number of eligible game plays received and the timing of the game plays. Void where prohibited. Sponsor: Post Foods, LLC.

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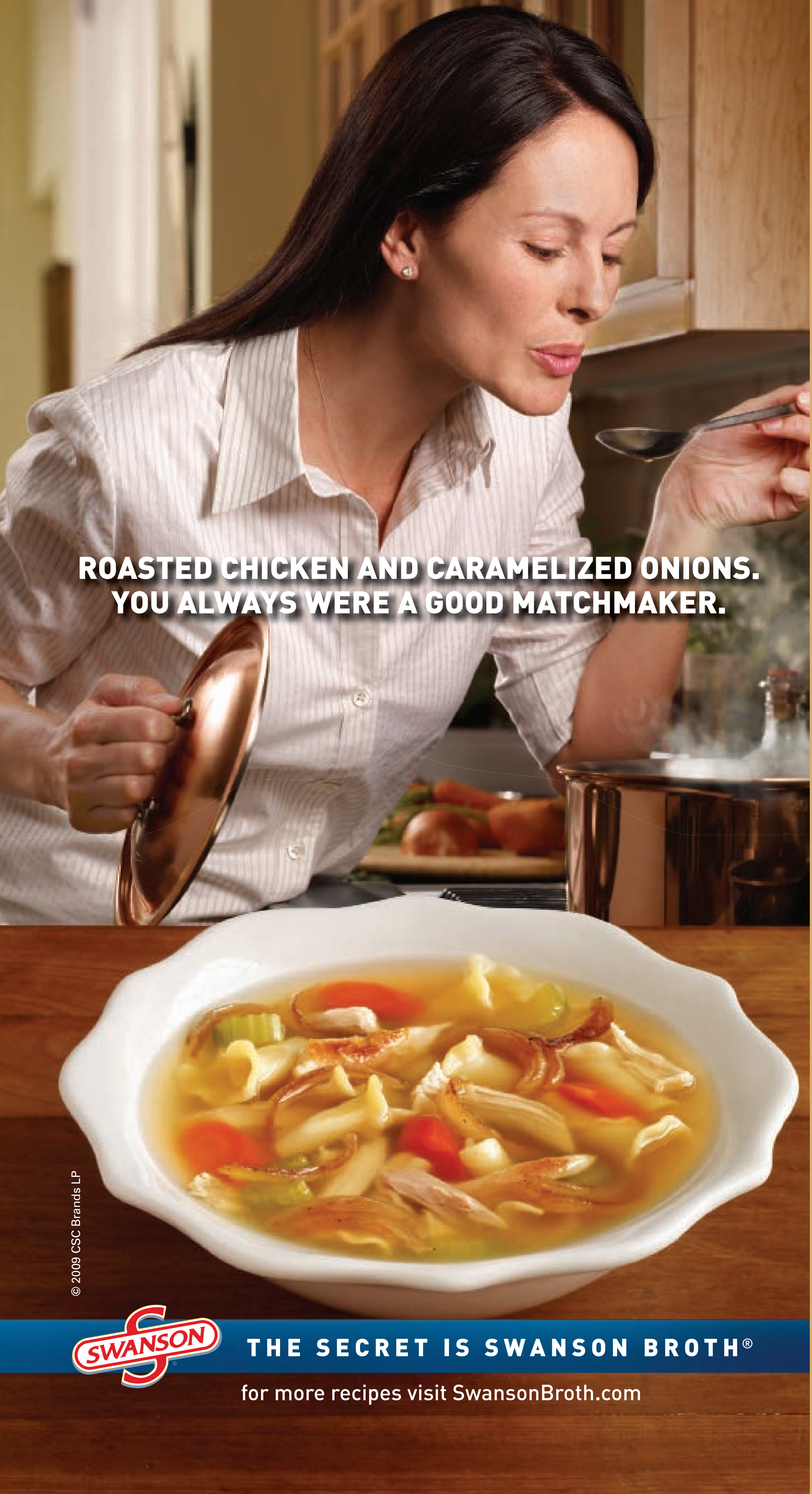

SWANSON® ROASTED CHICKEN WITH CARAMELIZED ONION SOUP

Prep: 10 minutes
Cook: 30 minutes
Makes: 6 servings

2 cups roasted chicken cut into strips
2 teaspoons vegetable oil
2 medium onions, halved and thinly sliced (about 1 cup)
8 cups *Swanson* Chicken Broth (Regular, *Natural Goodness*™ or Certified Organic)
$^{1}/_{8}$ teaspoon ground black pepper
2 medium carrots, sliced
2 stalks celery, sliced
$^{3}/_{4}$ cup **uncooked** trumpet-shaped pasta (campanelle)

1. Heat the oil in a 10-inch skillet over medium-high heat. Add the onions and cook until they begin to brown, stirring occasionally. Reduce the heat to medium. Cook until the onions are tender and caramelized, stirring occasionally. Remove the skillet from the heat.

2. Heat the broth, black pepper, carrots and celery in a 4-quart saucepan over medium-high heat to a boil. Stir the pasta and chicken in the saucepan. Reduce the heat to medium. Cook for 10 minutes or until the pasta is tender. Stir in the onions and serve immediately.

Made with all natural chicken stock and the flavors of garden vegetables and sun-drenched herbs, the secret to great-tasting homemade soups is **Swanson** broth.

steak & potatoes

Head straight home for these hearty, budget-friendly weeknight dishes—on your table quicker than a drive to a diner.

by PEG SMITH photos ANDY LYONS
recipes and food styling JILL LUST

fast! READY IN 30 MINUTES

1 cajun steak sandwich with sweet potato fries

START TO FINISH 25 minutes
BUDGET $2.65 per serving

CAJUN STEAK SANDWICH WITH SWEET POTATO FRIES

- 1 20-oz. pkg. frozen french-fried sweet potatoes
- 2 8-oz. trimmed rib-eye steaks or boneless beef top steak, cut ½ inch thick
- 3 tsp. Cajun or blackening seasoning
- ¼ cup mayonnaise
- 1 Tbsp. ketchup
- 1 tsp. molasses
- 2 ciabatta rolls, split and toasted
- 1 tomato, sliced
- Sliced green onion (optional)

1. Heat oven to 400°F. Spread sweet potatoes in 15×10×1-inch baking pan. Sprinkle lightly with *salt* and *pepper*. Bake 18 to 20 minutes.
2. Meanwhile, cut steaks in half crosswise. Coat both sides of steaks with 1½ tsp. seasoning. Heat a cast-iron or heavy skillet over medium-high heat. Cook steaks in hot skillet for 3 to 5 minutes on each side.
3. In a small bowl combine the mayonnaise, ketchup, molasses, and remaining seasoning.
4. Place one steak on each roll half. Top with some of the sauce, tomato slice, and green onion. Serve remaining sauce with fries. **SERVES 4.**
EACH SERVING *583 cal, 29 g fat, 55 mg chol, 856 mg sodium, 59 g carb, 6 g fiber, 24 g pro.*

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2 grilled steak with cheddar crisps

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3 greek-style pizzas

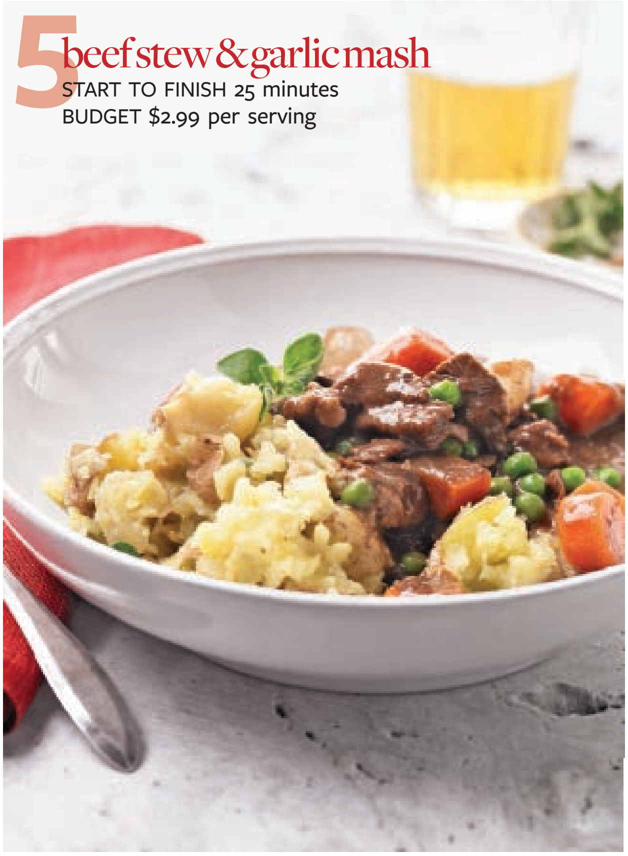
START TO FINISH 25 minutes
BUDGET $3.04 per serving

4 stuffed spuds

START TO FINISH 30 minutes
BUDGET $2.77 per serving

5 beef stew & garlic mash

START TO FINISH 25 minutes
BUDGET $2.99 per serving

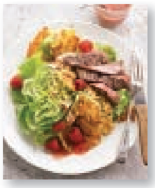


GREEK-STYLE PIZZAS

- 2 cups packaged refrigerated diced potatoes with onion
- 1 Tbsp. olive oil
- 4 flat bread (naan) or pita rounds
- Olive oil
- 4 oz. crumbled feta cheese with garlic and herb
- 2 cups packaged fresh spinach
- 12 oz. thinly sliced deli lower-sodium roast beef
- Sliced baby sweet peppers (optional)
- Crushed red pepper (optional)

1. In large skillet cook potatoes in 1 Tbsp. oil over medium heat for 5 minutes or until tender; set aside.
2. Meanwhile, heat broiler. Place flat bread on extra-large baking sheet; lightly brush bread with oil. Top with *half* the cheese. Broil 3 to 4 inches from heat for 2 to 3 minutes or until cheese begins to melt. Top barely melted cheese with spinach, roast beef, potatoes, and *remaining* cheese.
3. Broil 3 to 5 minutes or until heated through. Drizzle with additional olive oil, then top with pepper slices and crushed red pepper. **SERVES 4.**
EACH SERVING *555 cal, 24 g fat, 96 mg chol, 1,243 mg sodium, 57 g carb, 1 g fiber, 30 g pro.*

GRILLED STEAK WITH CHEDDAR CRISPS



- 1 cup fresh raspberries
- 1 Tbsp. Dijon-style mustard
- ¼ cup cider vinegar
- 2 tsp. sugar
- ¼ cup olive oil
- 12 oz. flank steak
- 2 cups refrigerated shredded hash brown potatoes
- 4 oz. smoked cheddar cheese
- 1 head romaine lettuce

1. Heat broiler. For dressing, in small bowl mash 8 berries. Stir in mustard, vinegar, and sugar. Whisk in the ¼ cup olive oil; set aside.
2. Lightly sprinkle the steak with *salt* and *black pepper,* then lightly brush with *olive oil.* Heat grill pan over medium-high heat. Cook steak 12 to 14 minutes, turning once. Slice steak in strips.
3. Meanwhile, generously grease 13×9×2-inch baking pan. Toss together potatoes and cheese; spread in pan. Broil 3 to 4 inches from heat for 6 to 8 minutes or until golden brown and crisp. Remove from pan; cut in pieces.
4. Remove core from lettuce; cut crosswise in four. Serve with steak, potatoes, and berries. Pass dressing. **SERVES 4.**
EACH SERVING *479 cal, 29 g fat, 60 mg chol, 514 mg sodium, 25 g carb, 5 g fiber, 28 g pro.*

BEEF STEW & GARLIC MASH

- 1 1-lb. pkg. frozen assorted vegetable blend (carrots, peas & onions)
- 1 17-oz. pkg. refrigerated cooked beef tips in gravy
- 2 tsp. Worcestershire sauce
- 6 cloves garlic
- 1 lb. Yukon gold or red potatoes, halved
- 2 Tbsp. olive oil
- 2 Tbsp. fresh oregano leaves

1. In 4-quart Dutch oven combine vegetables and ½ cup *water.* Bring to boiling over medium heat. Meanwhile, microcook beef tips according to package directions. Add beef and Worcestershire to vegetables. Reduce heat to low. Cook, covered, 5 minutes or until vegetables are tender.
2. In small microwave-safe bowl, cover garlic and 2 Tbsp. *water* with vented plastic wrap. Microcook on 100% power (high) 1 minute; set aside. In large microwave-safe bowl microcook potatoes on high for 8 to 10 minutes, stirring once halfway through cooking.
3. Peel and mash garlic. Add garlic, olive oil, ¼ tsp. *each salt* and *freshly ground black pepper* to potatoes; mash. Divide among four dishes; add stew, sprinkle oregano. **SERVES 4.**
EACH SERVING *368 cal, 14 g fat, 47 mg chol, 888 mg sodium, 42 g carbo, 8 g fiber, 24 g pro.*

STUFFED SPUDS

- 4 large baking potatoes (about 2½ lb.)
- 12 oz. beef flat-iron steak
- 1 Tbsp. vegetable oil
- 8 oz. sliced fresh mushrooms
- 2 cups broccoli florets
- ½ cup bottled stir-fry sauce with ginger
- Sliced red sweet peppers (optional)
- Chopped peanuts (optional)

1. Arrange potatoes in 2-quart square microwave-safe dish. Microcook, uncovered, on 100% power (high) for 7 minutes. Turn potatoes; cook 8 minutes more. Let potatoes rest in microwave.
2. Meanwhile, slice steak in thin strips, slicing crosswise against grain. In 12-inch skillet heat oil over medium-high. Add steak; cook and stir 2 minutes. Add mushrooms and broccoli; cook and stir 5 minutes. Add stir-fry sauce; stir to coat. Cook, uncovered, 1 minute, or until heated through.
3. Carefully remove potatoes from microwave. Cut a lengthwise slit in top of each. Squeeze potato ends to open. Top potatoes with stir-fry mixture. Drizzle any remaining sauce. Top with sweet pepper strips and peanuts. **SERVES 4.**
EACH SERVING *433 cal, 10 g fat, 51 mg chol, 645 mg sodium, 60 g carbo, 8 g fiber, 25 g pro.*

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heartwise in the kitchen

Three days of menus demonstrate how fresh ingredients and bold spices make a delicious difference in a heart-healthy diet.

by RICHARD SWEARINGER
photos BLAINE MOATS

day 1 menu

BREAKFAST
MORNING PARFAIT

Fruit is a powerful ally against heart disease. Aim for 4 to 5 servings per day—make this your first.

START TO FINISH: 20 MIN.

- ¼ cup raisins
- 1 tsp. finely shredded orange peel (set aside)
- 2 Tbsp. orange juice
- 1 tsp. vanilla
- ½ an 8-oz. pkg. reduced-fat cream cheese (Neufchâtel), softened
- 1 Tbsp. sugar
- 2 cups fresh raspberries, blueberries, sliced strawberries, and/or cut-up peaches
- ½ cup low-fat granola
- Honey (optional)
- Shredded orange peel (optional)

1. In a small microwave-safe bowl combine raisins and orange juice. Cover and microwave on 100% power (high) for 30 to 45 seconds; let stand 1 minute to plump raisins. Stir in vanilla; set aside.

2. In a medium bowl combine cream cheese and sugar; beat with an electric mixer on low to medium speed until smooth. Stir in raisin mixture and the 1 tsp. orange peel.

3. In four tall glasses layer half the cream cheese mixture, half the fruit, and half the granola. Repeat layers. Drizzle with honey and top with additional orange peel.

MAKES 4 SERVINGS.

EACH SERVING *209 cal, 8 g fat (4 g sat. fat), 22 mg chol, 149 mg sodium, 32 g carbo, 4 g fiber, 5 g pro. Daily Values: 10% vit. A, 28% vit. C, 5% calcium, 6% iron.*

LUNCH
HEART-HEALTHY COBB SALAD
- 2 cups mixed greens
- 1 cup sliced sweet peppers, carrots, and/or cucumbers
- 2 hard-cooked, diced egg whites
- 2 Tbsp. low-fat cheddar cheese
- 2 Tbsp. toasted almonds
- 3 Tbsp. low-fat salad dressing

SERVE WITH
- 6 whole wheat crackers
- 1 cup fat-free milk

DINNER
PORK CHOPS AND COUSCOUS
- 3-oz. grilled pork chop
- ¾ cup cooked couscous
- 1 cup zucchini, onions, and peppers tossed in 2 tsp. olive oil and roasted

SERVE WITH
- 1 cup mixed fruit salad

SNACK
- 20 baked tortilla chips
- ½ cup reduced-sodium salsa

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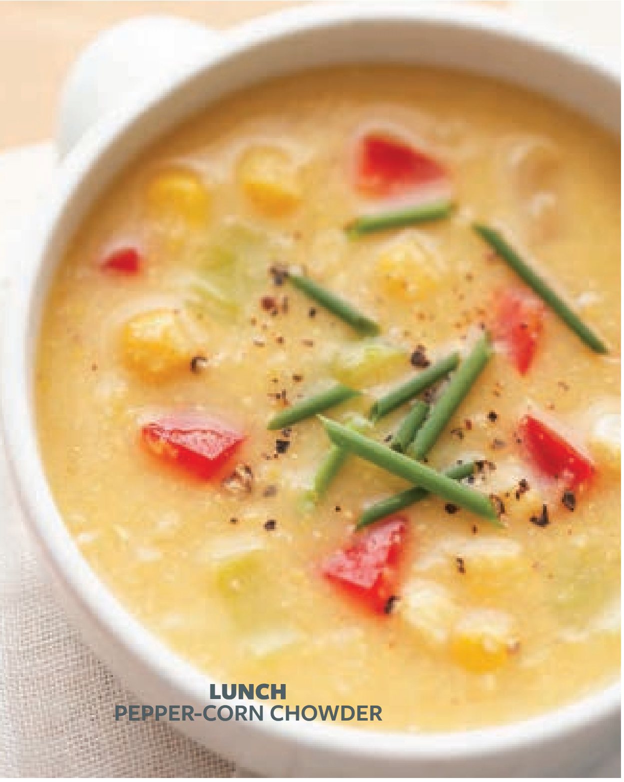

LUNCH
PEPPER-CORN CHOWDER

day 2 menu

BREAKFAST
- 1 breakfast bar
- 1 banana
- 1 cup fat-free milk

LUNCH
- Pepper-Corn Chowder (see recipe, *right*)

DINNER
STEAK AND MUSHROOMS
- 3 oz. lean steak
- ¾ cup cooked wild rice
- 1 cup mushrooms, onions, and sweet peppers sautéed in 2 tsp. olive oil

SERVE WITH
- ½ cup fat-free pudding

SNACK
- ½ cup fat-free pudding

LUNCH
PEPPER-CORN CHOWDER
START TO FINISH: 40 MIN.

1	cup chopped onion
1	leek, cleaned and chopped
5	cups loose-pack frozen whole kernel corn
2	14-oz. cans reduced-sodium chicken broth
1	medium red sweet pepper, chopped
1/8	tsp. ground black pepper
1/8	tsp. cayenne pepper
3	threads saffron (optional)
	Snipped fresh chives and/or ground black pepper (optional)

1. Coat a 4-quart Dutch oven with *nonstick cooking spray*. Preheat over medium for 1 minute. Add onion and leek; cook 5 minutes until tender, stirring occasionally.
2. Add corn; cook 5 minutes or until corn softens, stirring occasionally. Add one can of the chicken broth. Bring to boiling; reduce heat. Cover and simmer 20 minutes or until corn is very tender. Remove from heat and cool slightly.
3. Transfer half the corn mixture to a blender or food processor; cover and blend or process until smooth. Return pureed corn mixture to Dutch oven.
4. Add remaining broth, the sweet pepper, 1/8 tsp. black pepper, cayenne pepper, and saffron. Heat through. Top with snipped fresh chives and/or additional ground black pepper. **MAKES 6 (1 1/3-CUP) SERVINGS.**

EACH SERVING *155 cal, 1 g fat (0 g sat. fat), 0 mg chol, 323 mg sodium, 35 g carbo, 4 g fiber, 7 g pro. Daily Values: 23% vit. A, 63% vit. C, 2% calcium, 6% iron.*

FEEDING A FAMILY?
These meals were specifically created by our staff nutritionists for heart health, although they are also suitable for anyone. The meals are low in fat, sodium, and cholesterol and high in protein and whole grain fiber. "The recipes are healthy all around," says nutritionist Elizabeth Burt, R.D., MPH. "They'll meet all your family's nutritional needs. Growing kids and men may need more calories, but nutrient-wise, these recipes are well balanced."

What are the basics of a heart-healthy diet?
The American Heart Association recommends a diet that's low in sodium, fat, saturated fat, and dietary cholesterol. To get there, fill up on nutrient-rich foods. In a 1,600-calorie-per-day diet that means 6 servings of high-fiber whole grains, 4 servings of fruit, 3 to 4 servings of vegetables, 2 to 3 servings of low-fat dairy products, and 3 to 6 ounces (cooked) lean protein. Aim for 3 to 4 servings of nuts and legumes weekly, and limit added sugar to less than 2 tablespoons per day for women, 3 for men. *For more on heart health, see "Love Your Heart," page 185.*

A handful of **your heart's desire.** Want a snack that loves you back? Reach for heart-smart, nutrient-rich California Almonds. Just a handful a day can nourish your heart by helping you maintain healthy cholesterol levels. Learn more about the power of a handful at **AlmondBoard.com**

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Good news about almonds and heart health Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

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DINNER
BLACKENED CHICKEN WITH AVOCADO SALSA

5 HEART-SMART SUBSTITUTIONS

Cut fat, sodium, cholesterol, and calories from your favorite recipes with these tips from our Test Kitchen.

1. SWITCH APPLESAUCE FOR OIL When a baking recipe calls for 1 cup of oil, use ½ cup applesauce and ½ cup oil.

2. SKIP WHOLE EGGS When baking, for each whole egg, substitute two egg whites or ¼ cup egg substitute.

3. DO A FAKE FRY Instead of frying, dip chicken in beaten egg, then in cornflakes, and broil.

4. ADD HEALTHY FLAVOR Opt for a sprinkle of spices or herbs, or a drizzle of flavored vinegar, instead of topping with butter, oil, or salt.

5. USE SHARP CHEESES Pick sharp cheeses instead of mild ones and you can use less to achieve the same punch of flavor.

day 3 menu

BREAKFAST

FRUIT-FILLED OATMEAL

- 1 cup prepared oatmeal
- 2 Tbsp. raisins
- 2 Tbsp. brown sugar
- ¼ cup almonds

SERVE WITH

- 1 cup fruit salad

LUNCH

TUNA SALAD WRAP

- 3 oz. chunk white tuna (waterpack)
- 2 Tbsp. low-fat ranch dressing
- 1 cup romaine lettuce, shredded
- ½ cup each shredded carrots and diced cucumber
- 1 (10-inch) whole wheat tortilla

SERVE WITH

- 6 oz. low-fat flavored yogurt

SNACK

- 2 kiwifruits
- 6 oz. low-fat yogurt
- 1 low-fat granola bar

DINNER

BLACKENED CHICKEN WITH AVOCADO SALSA

Lean chicken is a good way to get protein without excessive saturated fat.

START TO FINISH: 25 MIN. OVEN: 375°F

4 skinless, boneless chicken breast halves (1¼ to 1½ lb. total)
2 tsp. blackened steak seasoning
1 Tbsp. olive oil
2 Tbsp. rice vinegar
2 Tbsp. olive oil
¼ tsp. ground cumin
⅛ tsp. salt
Dash ground black pepper
1 avocado, halved, seeded, peeled, and chopped
⅔ cup chopped fresh or refrigerated papaya
⅓ cup chopped red sweet pepper
¼ cup chopped fresh cilantro
Fresh cilantro sprigs (optional)

1. Preheat oven to 375°F. Lightly sprinkle both sides of chicken with blackened steak seasoning. In a large ovenproof skillet heat the 1 Tbsp. oil over medium heat. Add chicken; cook until browned, turning once. Bake about 15 minutes or until chicken is no longer pink (170°F).

2. Meanwhile, for salsa, in large bowl whisk rice vinegar, the 2 Tbsp. oil, cumin, salt, and black pepper. Stir in avocado, papaya, sweet pepper, and chopped cilantro. Serve with chicken. If desired, garnish with cilantro. MAKES 4 SERVINGS.

EACH SERVING *322 cal, 17 g fat, 82 mg chol, 513 mg sodium, 7 g carbo, 3 g fiber, 34 g pro. Daily Values: 17% vit. A, 63% vit. C, 3% calcium, 8% iron.*

FEBRUARY IS AMERICAN HEART MONTH To celebrate, we're sharing these recipes from *Heart-Healthy Living* magazine. For a free, downloadable mini cookbook with more from *Heart-Healthy Living* magazine, visit BHG.com/healthy.

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"All the whole grains you need in a day.*
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*USDA Dietary Guidelines recommend eating 3 servings (48g) or more of whole grains daily. One cup serving of any of these products meets this requirement.

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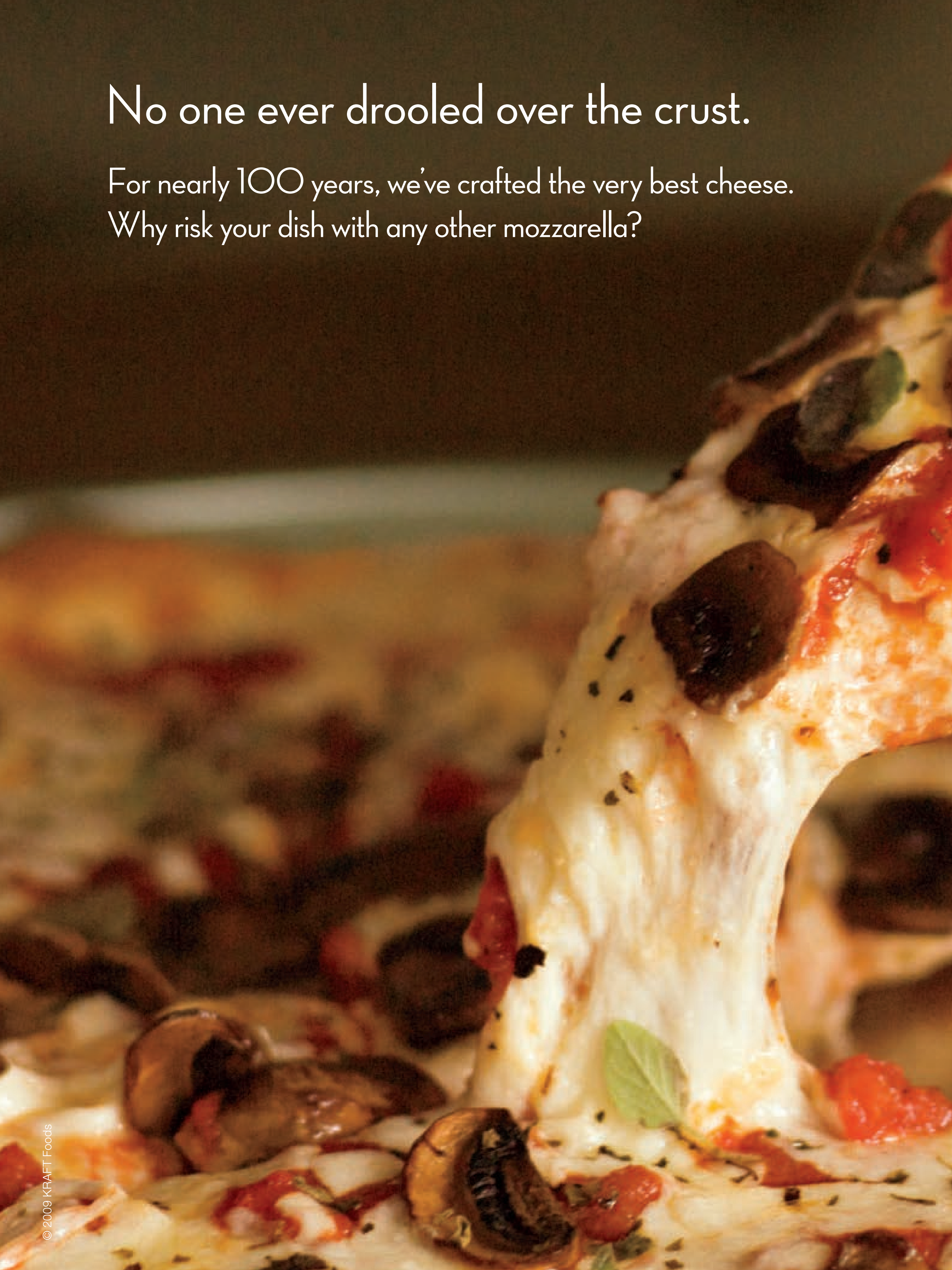
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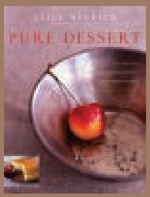
meet alice

Right now is a great time to explore chocolate and vanilla, says Alice Medrich, creator of these recipes. “The chocolates available are better than ever,” she says, “and there are amazing choices for vanilla. It’s like a golden age for desserts.”

To ensure these recipes make the most of the classic flavors, Alice used different forms of chocolate and vanilla. “I love to let ingredients or flavors inspire the things I make, and I know that often the simplest desserts can be the most satisfying,” says Alice. “The flavor may be intense in some recipes, using more than one form of vanilla or chocolate, and more subtle in others accentuating and mixing with the other ingredients,” she says.

Alice has been learning, teaching, and writing about chocolate and desserts for over 30 years and is considered a leading authority on the two.

more from alice



Alice Medrich shares her dessert know-how and recipes in her two most recent books: *Pure Dessert* (Artisan; $35) and *Bittersweet: Recipes and Tales from a Life in Chocolate* (Artisan; 35).

HERE’S YOUR GUIDE TO UNDERSTANDING THE MANY FORMS OF THESE ICONIC FLAVORS.

chocolate is made from cocoa beans that grow in pods on the cacao tree. The beans are extracted from the pods, fermented, dried, roasted, and processed.

Cocoa nibs are broken pieces of hulled cocoa beans. They are crunchy and relatively bitter with deep chocolate flavor, and are usually used in cookies or chocolate candies.

Chocolate liquor is pure **Cacao** made by grinding cocoa nibs (which consist of almost equal parts cocoa butter and cocoa solids) to a paste. On a bar of chocolate cacao percentage indicates the total amount of chocolate liquor plus any extra cocoa butter or cocoa solids that might be added. **Unsweetened chocolate** is chocolate liquor that has been rehardened into blocks.

Cocoa powder is made by removing most of the cocoa butter from the liquor and pulverizing it into a powder. Two types are available and both are strong and bitter. **Natural** cocoa powder has a fruity, complex flavor and natural acidity. **Dutch-process** cocoa powder is treated with alkalis to reduce acidity. It has a darker color, but milder flavor. The two may react differently in recipes, and should not be substituted.

Bittersweet, semisweet, and **milk** chocolates are made primarily of chocolate liquor and sugar. The higher the cacao percentage, the stronger and more bitter the flavor. Like cocoa powder, differing cacao percentages react differently in recipes and should not be substituted if a specific percentage is given.

vanilla is an edible seed pod harvested from a specific orchid. **Vanilla beans** are the dried seed pods from the plant. They develop their characteristic vanilla flavor after months of drying and curing.

Pure vanilla extract is made by soaking chopped vanilla beans in alcohol and water. The extract from different beans—Bourbon (also called Madagascar), Mexican, or Tahitian—has its own flavor. Bourbon vanilla is the most common variety and gives a classic vanilla flavor. Mexican vanilla is smooth and spicy with aromas of rum and caramel. Tahitian vanilla is sweeter and fruitier with cherrylike licorice flavor.

Vanilla flavoring is made from a mix of real vanilla and synthetic flavorings.

Imitation vanilla is made from synthetic flavorings that imitate the flavor of vanilla. Vanilla flavoring and imitation vanilla are less expensive than pure vanilla extract but have slightly different, and some say less intense flavor.

Vanilla paste is made with ground vanilla beans in a corn syrup or vanilla extract base. It has a sweet, concentrated flavor.

Ground vanilla beans are simply that—finely ground vanilla beans. It may be labeled as **vanilla powder,** but true vanilla powder is white and often sweetened.

For tips on using vanilla see page 170, and find Alice’s favorite sources for chocolate and vanilla on page 172.

—BY ERIN SIMPSON

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Crisco® Tomato and Basil Baked Fish

⅓ cup **Crisco**® Extra Virgin Olive Oil, divided
3 slices whole wheat bread
1 tablespoon finely minced garlic
1 teaspoon Italian seasoning
Salt and pepper to taste
4 firm mild white fish fillets such as cod or flounder (about 1⅓ pounds)
½ cup seeded and chopped Roma tomatoes
2 teaspoons fresh lemon juice
1 tablespoon fresh chopped basil

1. HEAT oven to 375°F. Coat bottom of 13 x 9-inch pan with 1 tablespoon olive oil. Chop bread to form bread crumbs.
2. SAUTE crumbs in remaining olive oil over medium-high heat, stirring often, until they begin to brown. Stir in garlic and Italian seasoning. Cook and stir until golden brown. Remove from heat; season with salt and pepper.
3. PAT fish fillets dry; place skin side down in prepared pan. Season fish with salt and pepper. Combine tomatoes and bread crumbs; cover top of fillets with mixture. Sprinkle with lemon juice. Bake 20 to 25 minutes until fish flakes easily. Top with fresh basil.

Prep time: 10 min | **Cook time: 25 min** | **Yields: 4 servings**

"CHOCOLATE AND VANILLA ARE OFTEN POSED AS OPPOSITES," SAYS ALICE. "YET BOTH ARE EARTHY, PRIMAL FLAVORS THAT WE ADORE AND CRAVE."

CHOCOLATE STACK LOAF

"Don't worry—the batter will seem low in the pan, but it bakes beautifully to a 1-inch layer," says Alice. "The fudge frosting needs an hour or so to chill, to thicken and become spreadable. Don't substitute for the natural unsweetened cocoa powder."

PREP: 40 MIN. BAKE: 14 MIN. OVEN: 350°F

- 1 cup unbleached all-purpose flour
- 1 cup packed brown sugar
- 1/3 cup natural unsweetened cocoa powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/2 cup unsalted butter, melted
- 2 eggs
- 1/2 tsp. vanilla extract
- 1/2 cup hot tap water
- 1 recipe Easy Fudge Frosting, *below*
- Natural unsweetened cocoa powder

1. Position rack in lower third of oven. Preheat oven to 350°F. Lightly grease sides of 13×9×2-inch baking pan. Line bottom of pan with parchment paper; set aside.
2. In large mixing bowl whisk together flour, brown sugar, 1/3 cup cocoa powder, baking soda, and salt. Add butter, eggs, and vanilla. Whisk gently until dry ingredients are moistened and mixture resembles a thick paste. Whisk briskly about 30 strokes. Tap or shake any batter from whisk. Use rubber spatula to stir in hot water, scraping sides as necessary, just until batter is blended and smooth. With spatula scrape batter from bowl into prepared pan and spread to make a thin even layer.
3. Bake 14 to 16 minutes or until a wooden pick inserted into center comes out clean. Cool in pan on wire rack 10 minutes. Slide a thin metal spatula or knife around cake edges to loosen from pan. Invert cake onto rack. Remove paper liner; carefully turn cake right side up. Cool completely.
4. Cut cake crosswise in three equal rectangles. Thickly spread frosting on one piece, top with a second piece and spread with frosting. Leave top unfrosted. Thickly frost long sides. Before serving, dust top with cocoa powder. **MAKES 12 SERVINGS.**

EASY FUDGE FROSTING In medium saucepan melt 6 Tbsp. unsalted butter. Stir in 1 cup sugar, 1 cup natural unsweetened cocoa powder, and a pinch of salt. Gradually stir in 1 cup whipping cream. Heat, stirring constantly, until smooth and hot but not boiling. Remove from heat; stir in 1 tsp. pure vanilla extract. Set aside; cool until thickened and spreadable. To cool quickly, loosely cover and refrigerate 1 hour. Store up to 1 week in refrigerator. Makes 2 cups.

EACH SERVING *396 cal, 23 g fat, 98 mg chol, 182 mg sodium, 49 g carbo, 4 g fiber, 5 g pro.*

VANILLA-SPARKLING WINE POUND CAKE

"I use vanilla paste here for its intense flavor. You can also use an equal amount of vanilla extract in place of the paste."

PREP: 30 MIN. BAKE: 50 MIN. COOL: 15 MIN. OVEN: 350°F

- 3 cups unbleached all-purpose flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 cup sparkling wine or milk
- 3 Tbsp. sour cream
- 2 cups sugar
- 3/4 cup unsalted butter, melted
- 1/4 cup safflower or canola oil
- 5 cold eggs
- 2 Tbsp. vanilla paste or vanilla extract
- 1 recipe Sparkling Wine Glaze, *right*

1. Preheat oven to 350°F. Grease and flour 10-inch tube pan; set aside. In large bowl mix together flour, baking powder, and salt. Sift mixture; set aside. Stir together sparkling wine and sour cream; set aside.
2. In large mixing bowl beat sugar, melted butter, and oil with electric mixer until well combined. Add eggs, one at a time, beating well after each. Beat in vanilla paste. Beat on medium to high 3 to 5 minutes or until thicker and lighter in color. Add *one-third* the flour mixture; beat on low just until combined, scraping sides of bowl as needed. Add *half* the wine mixture; beat just until combined. Repeat with *one-third* the flour mixture, the *remaining* wine mixture, and *remaining* flour mixture. With rubber spatula scrape batter into prepared pan.
3. Bake 50 to 55 minutes or until a wooden pick inserted near center comes out clean. Cool in pan on wire rack 15 minutes. Turn out on rack; cool completely. Drizzle with Sparkling Wine Glaze. **MAKES 16 SERVINGS.**

SPARKLING WINE GLAZE In small bowl combine 1 cup powdered sugar and 1 Tbsp. sparkling wine. Stir in additional wine, 1 tsp. at a time, to reach drizzling consistency.

EACH SERVING *361 cal, 14 g fat, 90 mg chol, 145 mg sodium, 51 g carbo, 1 g fiber, 5 g pro.*

VANILLA TART WITH NUTMEG CRUST AND SPICED PEARS

"Tahitian vanilla adds cherry flavor notes to this tart, making it a natural to pair with nutmeg. Other vanilla extracts would also work." Find Tahitian vanilla in specialty food stores or for online sources see page 172.

PREP: 30 MIN. CHILL: 30 MIN. BAKE: 20 MIN. COOL: 1 HR. OVEN: 350°F

- 7 Tbsp. unsalted butter, melted
- 1/4 cup sugar
- 3/4 tsp. Tahitian vanilla extract or vanilla extract
- 1/4 tsp. salt
- 1/8 tsp. freshly grated nutmeg
- 1 cup unbleached all-purpose flour
- 1/4 cup sugar
- 2 Tbsp. plus 2 tsp. cornstarch
- 1/8 tsp. salt
- 2 cups half-and-half
- 2 tsp. Tahitian vanilla extract or vanilla extract
- 1 recipe Spiced Pears, *page 168*

1. For nutmeg crust, position rack in lower third of oven. Preheat oven to 350°F. In medium bowl combine butter, 1/4 cup sugar, 3/4 tsp. vanilla, 1/4 tsp. salt, and nutmeg. Add flour; mix just until well blended. If dough is too soft, let stand a few minutes to firm up.
2. Evenly press dough on bottom and sides of a 9- to 9 1/2-inch square or round tart pan in a thin layer. (This takes patience, as there is just enough dough.) Refrigerate 30 minutes to firm the dough.
3. Place pan on baking sheet. Bake 20 to 25 minutes, until crust is a deep golden brown, checking after 15 minutes. If dough has puffed from bottom of pan, prick a few times and gently press down with back of a fork. Cool in pan on wire rack.
4. For vanilla filling, in heavy medium saucepan whisk 1/4 cup sugar, cornstarch, and 1/8 tsp. salt to blend. Add *3 Tbsp.*

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half-and-half and whisk to form a smooth paste. Whisk in *remaining* half-and-half. Using a heat-proof spatula or wooden spoon, stir constantly over medium heat, scraping bottom, sides, and corners of pan until filling thickens and begins to bubble. Cook and stir 1 minute more to fully cook cornstarch. Stir in the 2 tsp. vanilla extract. Immediately pour into crust, leveling with spatula. Cool 1 hour, uncovered, at room temperature. Refrigerate in covered container to cool completely. Serve with Spiced Pears. **MAKES 12 SERVINGS.**

SPICED PEARS In large saucepan combine $1\frac{1}{2}$ cups white wine, $\frac{1}{2}$ cup Poire William (pear liqueur) or pear nectar, 2 Tbsp. sugar, and 1 vanilla bean, split lengthwise or 2 tsp. vanilla. Bring to boiling. Reduce heat; simmer, uncovered, 25 minutes or until reduced to 1 cup. Stir in 3 sliced firm, ripe pears. Return to boiling. Reduce heat and cover. Simmer 5 to 8 minutes more or until pears are crisp-tender. Remove from heat; cool. Refrigerate until ready to serve.

EACH SERVING *227 cal, 11 g fat, 33 mg chol, 91 mg sodium, 25 g carbo, 1 g fiber, 2 g pro.*

RUSTIC CHOCOLATE PIE

"I tend to pick up a slice and eat it with my fingers, like pizza."

PREP: 30 MIN. CHILL: 30 MIN. BAKE: 10 MIN. OVEN: 400°F/350°F

- $\frac{3}{4}$ cup unbleached all-purpose flour
- $\frac{1}{4}$ tsp. salt
- 5 Tbsp. cold unsalted butter
- $1\frac{1}{2}$ to 2 Tbsp. cold water
- 6 oz. bittersweet or semisweet chocolate (not to exceed 62% cacao), coarsely chopped
- 2 egg whites, at room temperature
- $\frac{1}{8}$ tsp. cream of tartar
- $\frac{1}{2}$ tsp. vanilla extract
- $\frac{1}{4}$ cup sugar
- $\frac{1}{8}$ tsp. salt
- $\frac{3}{4}$ cup chopped pecans or walnuts
- 3 Tbsp. pine nuts, toasted
- Chocolate shavings (optional)

1. To make crust, in bowl thoroughly mix flour and $\frac{1}{4}$ tsp. salt. Cut butter in chunks and add to bowl. With two knives or pastry blender, cut butter into flour, tossing to coat with flour until largest pieces are size of pine nuts and remaining resemble coarse bread crumbs. As you work, scrape flour up from bottom of bowl, and scrape butter from knives or pastry blender. Do not let butter melt or blend completely into flour. Drizzle $1\frac{1}{2}$ Tbsp. cold water over flour mixture while tossing and mixing, until just moist enough to hold together when pressed. Add *remaining* water if needed. Turn out on plastic wrap. Gather into flat disk, pressing in any loose pieces. Wrap in plastic; refrigerate 30 minutes or up to 3 days.

2. Position rack in lower third of oven. Preheat oven to 400°F. Let dough stand 30 minutes at room temperature, or until pliable enough to roll without cracking. On lightly floured surface, roll dough to 14×9-inch oval, about $\frac{1}{8}$ inch thick, rotating and dusting with flour to prevent sticking. Brush excess flour from dough; fold in half to transfer to a piece of parchment slightly larger than dough. Unfold dough. Loosely fold and roll edge, without pressing, to form rimmed crust. Place parchment with pastry on baking sheet. Bake 10 to 12 minutes, or until light golden brown (crust edge will be a little raw inside).

3. Meanwhile, for filling, melt chocolate in microwave on 50% power (medium) about 2 minutes. Stir frequently until chocolate is almost completely melted. Remove from microwave. Stir until melted; set aside.

4. In bowl beat egg whites with cream of tartar and vanilla until soft peaks form. Gradually add sugar and $\frac{1}{8}$ tsp. salt. Beat until whites are stiff but not dry. Pour pecans and melted chocolate over whites; fold with spatula until batter is uniform color.

5. Remove crust from oven. Reduce oven to 350°F. Dollop filling on crust. Spread to $\frac{1}{2}$ inch thick. Bake 10 minutes, or until surface looks dry and slightly cracked (fudgy inside). Cool on baking sheet on rack. Serve warm or cool. Cover and refrigerate after 2 hours or up to 24 hours. To serve, sprinkle pine nuts and chocolate shavings. **MAKES 10 SERVINGS.**

EACH SERVING *268 cal, 20 g fat, 16 mg chol, 100 mg sodium, 23 g carbo, 3 g fiber, 4 g pro.*

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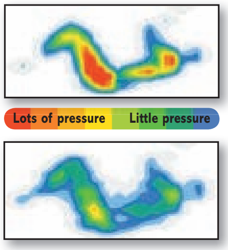

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"TASTE AND SEE. I HIGHLY RECOMMEND TRYING DIFFERENT BRANDS OF VANILLA AND CHOCOLATE BEFORE DECIDING WHAT TO USE."

CHOCOLATE PUDDING WEDGES WITH CINNAMON TOASTS

"I love to scoop up this extra-thick chocolate pudding with the crisp cinnamon toasts."

PREP: 45 MIN. CHILL: OVERNIGHT COOL: 2 HR. BROIL: 2 MIN.

- 2/3 cup natural unsweetened cocoa powder
- 1/4 cup granulated sugar
- 1/4 cup cornstarch
- 1/4 tsp. salt
- 3 cups whole milk
- 1/2 cup whipping cream
- 10 oz. bittersweet chocolate (60% to 62% cacao), chopped
- 2 Tbsp. dark rum (optional)
- 2 tsp. vanilla extract
- 1/4 cup packed brown sugar
- 2 Tbsp. unsalted butter, melted
- 1 tsp. ground cinnamon
- 1/8 tsp. salt
- 12 3/4-inch baguette slices
- Natural unsweetened cocoa powder
- Dark grapes (optional)

1. In large heavy saucepan whisk cocoa powder, granulated sugar, cornstarch, and 1/4 tsp. salt. Add *1/2 cup* of the milk; whisk to a smooth paste. Whisk in *remaining* milk and whipping cream. Stir constantly over medium heat until pudding thickens and begins to bubble at edges. Stir 30 seconds more. Add chocolate; stir 1 minute to melt. Remove from heat; stir in rum and vanilla.
2. Transfer pudding to lightly oiled 9-inch deep-dish pie plate. Cool, uncovered, for 2 hours at room temperature. Cover and refrigerate overnight.
3. For cinnamon toasts, in small bowl combine brown sugar, butter, cinnamon, and 1/8 tsp. salt. Spread on one side of each baguette slice. Place on baking sheet. Broil 5 to 6 inches from heat for 2 to 3 minutes or until toasted and sugar mixture is bubbly.
4. Sprinkle pudding with additional cocoa powder. To serve, cut in wedges or, with a large spoon, spoon in free-form wedges. Serve with cinnamon toasts and grapes.

MAKES 12 SERVINGS.

EACH SERVING *310 cal, 18 g fat, 25 mg chol, 208 mg sodium, 39 g carbo, 4 g fiber, 6 g pro.*

VANILLA FLAN WITH BUTTERSCOTCH SAUCE

"Forget about caramelizing the sugar. Simply press the brown sugar, with a pinch of salt, in the bottom of the dish. It dissolves into a sauce as the flan bakes and chills."

PREP: 25 MIN. BAKE: 35 MIN. COOL: 30 MIN. CHILL: 6 HR. OVEN: 350°F

- 3 cups half-and-half
- 1 vanilla bean or 2 tsp. vanilla extract
- 1/2 cup packed brown sugar
- 1/2 tsp. salt
- 5 eggs
- 1/2 cup granulated sugar

1. In medium saucepan heat half-and-half and vanilla bean over medium heat until steaming (140° to 145°F), about 3 minutes (too hot to insert a finger for more than a moment). Remove from heat; cover. Steep for 15 minutes.
2. Position rack in lower third of oven. Preheat oven to 350°F. In small bowl combine brown sugar and *1/4 tsp.* of the salt, pinching and mashing to eliminate lumps. Spoon mixture into 9-inch deep-dish pie plate. Pack into firm, even layer.
3. Remove bean from half-and-half (let cool if hot to handle); cut bean lengthwise. With point of small knife, scrape seeds from bean and add to half-and-half. Briefly reheat mixture for 1 to 2 minutes, just to steaming.
4. In large bowl whisk eggs, granulated sugar, and remaining *1/4 tsp.* salt. Gradually whisk in warm half-and-half until well-combined.
5. Slowly pour egg mixture in pie plate over brown sugar. Some sugar may float up but will settle to bottom eventually.
6. Place pie plate in deep roasting pan. Place pan in oven. Pour boiling water in roasting pan to halfway up sides of pie plate. Bake 35 to 40 minutes or until a knife inserted in center comes out clean.
7. Carefully remove pie plate from roasting pan. Cool on wire rack 30 minutes. Cover and refrigerate at least 6 hours or overnight. To serve, gently run a thin metal spatula or knife around edge of flan. Invert onto serving plate. **MAKES 8 SERVINGS.**

EACH SERVING *282 cal, 13 g fat, 165 mg chol, 231 mg sodium, 35 g carbo, 0 g fiber, 7 g pro.*

extract options

Pure vanilla extract, vanilla flavoring, and imitation vanilla can all be equally substituted in recipes and are often listed as simply vanilla or vanilla extract. Extract can be used in place of other forms of vanilla, but the amount may need to be adjusted. If substituting extract for ground vanilla beans, use twice as much extract as ground beans. In place of a vanilla bean use two teaspoons extract. Vanilla paste and extract can be equally substituted.

vanilla sugar

Vanilla sugar is great to have on hand for adding a subtle sweet vanilla flavor to drinks and desserts, or for sprinkling over toast, fruit, and oatmeal. We use it to add an extra boost of vanilla to the Vanilla Dessert Sandwiches on *page 172*.

To make vanilla sugar, pour 4 cups of sugar into a large, clean jar. Using a sharp paring knife, slit 1 vanilla bean lengthwise. Insert both halves into sugar, making sure all of the bean is covered with sugar. Secure lid and store in a cool, dry place for 2 weeks before using. (Will keep indefinitely.)

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"THE BEST TOOL FOR CHOPPING CHOCOLATE IS A GOOD SHARP KNIFE. A SERRATED OR CHEF'S KNIFE WILL DO THE JOB—CHOOSE THE ONE THAT WORKS BEST FOR YOU."

VANILLA DESSERT SANDWICHES

"Make these light and delicate cookies and the frosting ahead of time and assemble just before serving. Ground vanilla beans are new to the scene and are a bit harder to find, but add a boost of vanilla flavor." To order go to vanilla.com.

PREP: 45 MIN. BAKE: 10 MIN. PER BATCH CHILL: 30 MIN. OVEN: 350°F

- 3 cups unbleached all-purpose flour
- 2 tsp. cream of tartar
- 1 tsp. baking soda
- ½ tsp. salt
- 1 cup unsalted butter, softened
- 1½ cups granulated sugar
- 2 Tbsp. milk
- 1 Tbsp. vanilla extract
- 1 tsp. pure ground vanilla beans* or 2 tsp. vanilla extract
- Vanilla sugar, *page 170*
- 1 recipe Vanilla Cream Cheese Frosting, *right*

1. In medium bowl whisk together flour, cream of tartar, baking soda, and salt. Set aside.
2. In large bowl beat butter with an electric mixer on medium speed for 30 seconds. Add granulated sugar and beat until smooth and creamy. Beat in milk, vanilla, and ground vanilla. Beat in as much of the flour mixture as you can with the mixer. Stir in remaining flour mixture by hand. Dough will be soft.
3. Divide dough in half. Cover and chill dough about 30 minutes or until easy to handle. On lightly floured surface, roll half the dough at a time until ⅛ inch thick.
4. Preheat oven to 350°F. Using a 3-inch round cookie cutter, cut out circles from dough. Using a 1-inch round cookie cutter, cut out circles from the centers of half the dough circles. Place dough circles on parchment paper-lined cookie sheets. Reroll scraps, including the 1-inch dough rounds, and cut out additional dough circles as directed. Repeat with remaining dough half.
5. Sprinkle the dough circles that have the centers cut out with vanilla sugar. Bake cookies for 10 to 12 minutes or until golden brown. Let cookies cool on cookie sheets for 1 minute. Transfer cookies to wire racks to cool completely.
6. Spread bottoms of the solid cookies with about 1½ teaspoons of the Vanilla Cream Cheese Frosting. Top each with one of the cookies with the center hole, sugar side up. Refrigerate filled cookies to store. **MAKES 24 SANDWICH COOKIES.**

VANILLA CREAM CHEESE FROSTING In a medium bowl stir together 6 ounces cream cheese, softened; ¼ cup powdered sugar; and 1 teaspoon vanilla extract until smooth.

***GROUND VANILLA BEANS** should not be confused with vanilla powder.

EACH SERVING (one sandwich cookie) *223 cal, 10 g fat, 28 mg chol, 126 mg sodium, 31 g carbo, 0 g fiber, 2 g pro.*

CHOCOLATE DECADENCE COOKIES

"These cookies are slightly crunchy outside with soft centers. For the best gooey texture and balanced flavor, do not exceed 60% cacao in the batter. For an extra jolt of bittersweet chocolate, stir chocolate chunks higher in cacao (70% to 80%) into the batter." Buy candied orange peel, or make your own by following Alice's instructions, right.

PREP: 45 MIN. BAKE: 8 MIN. PER BATCH OVEN: 350°F

- ¼ cup unbleached all-purpose flour
- ¼ tsp. baking powder
- ⅛ tsp. salt
- 8 oz. bittersweet or semisweet chocolate (not more than 60% cacao), chopped
- 2 Tbsp. butter
- 2 eggs
- ½ cup sugar
- 1 tsp. vanilla extract
- 6 oz. bittersweet or semisweet chocolate, chopped
- 2½ cups walnut or pecan halves, broken in large pieces and toasted
- ¼ to ½ cup chopped candied orange peel*

1. Preheat oven to 350°F. Adjust racks: one in upper third of oven and one in lower third. Line two large baking sheets with parchment paper; set aside. In small bowl stir together flour, baking powder, and salt (flour amount may seem low but is correct); set aside.
2. In microwave-safe bowl combine chocolate and butter. Melt at 50% power (medium) about 2 minutes. Stir frequently until chocolate is almost melted. Remove. Stir to complete melting; set aside.
3. In medium heatproof bowl whisk together eggs, sugar, and vanilla. Place in skillet ¼ full of barely simmering water. Gently whisk 2 minutes or just until warm (about 100°F). Stir egg mixture into melted chocolate. Stir in flour mixture until combined. Stir in walnuts and 6 oz. chopped chocolate. Fold in candied orange peel.
4. Spoon lightly rounded tablespoonfuls 1½ inches apart on baking sheets. Bake, on separate racks, 8 to 10 minutes or until cookie surface appears dry, set, and slightly lighter in color (centers will be gooey), exchanging sheets to opposite rack halfway through baking. Slide parchment paper with cookies onto wire racks to cool completely. **MAKES 30 TO 36 COOKIES.**

***FOR CANDIED ORANGE PEEL** Cut peel from two oranges lengthwise in quarters, cutting just through pulp to surface of fruit. Pry back quartered peel with spoon. Scrape away soft white pith inside peel. Cut peel in ½-inch-wide strips. In 2-quart saucepan combine 1⅓ cups sugar and ⅓ cup water. Bring to boiling; add orange peel. Return to boiling, stirring constantly to dissolve sugar. Reduce heat. Boil gently, uncovered, 15 minutes or until peel is almost translucent, stirring occasionally. Remove peel from syrup, allowing excess to drip off. Place on parchment or waxed paper. Cool until easy to handle. Roll in sugar to coat. Let dry 1 to 2 hours. Chop peels. Makes about ⅓ cup.

EACH SERVING (one cookie) *164 cal, 13 g fat, 16 mg chol, 23 mg sodium, 14 g carbo, 2 g fiber, 3 g pro.*

Alice's online picks for buying vanilla and chocolate products are *vanilla.com, lemurinc.com, nielsenmassey.com,* and *scharffenberger.com.*

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Chicken Rollatini

3 boneless, skinless chicken breast halves
24 Genoa salami or pepperoni slices
6 provolone slices
18 asparagus spears, trimmed
1 jar (24-oz) Classico Tomato & Basil Pasta Sauce, divided
1/4 cup shredded Parmesan or Romano cheese

1. Preheat oven to 350°. Halve each chicken breast and pound to 1/4-inch thick. Season, then place 4 salami slices, one cheese slice and 3 asparagus spears in center of each breast; roll up and secure with a toothpick.
2. Spread 1/2 cup of sauce on bottom of an 11x7 baking dish. Put chicken in dish, top with remaining sauce and sprinkle with shredded cheese. Bake uncovered for 30 to 40 minutes, or until cooked through.

Serves 6

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VANILLA DESSERT SANDWICHES
Recipe on page 172

share your love by making a batch of the Vanilla Dessert Sandwiches, *page 172*, with heart-shape center cutouts. Fill with Vanilla Cream Cheese Frosting (also *page 172*) tinted pink with a few drops of red food coloring. Or, for a chocolate-vanilla combo, fill with Easy Fudge Frosting on *page 166* (the same frosting used for the Chocolate Stack Loaf). Here are a few tips to ensure cookie-making success.

For easy rolling, roll the dough between two sheets of waxed paper and refrigerate at least 30 minutes so the dough can firm up. Transfer to a work surface and remove the top sheet of waxed paper. Cut out the cookies, peel the cutouts from the bottom sheet of waxed paper with your fingers, and transfer to a cookie sheet.

Choose cutters that are about 3 inches in diameter for the scallop-edge cookies and heart-shape cutters at least 1 inch in size for the centers. The cookies spread slightly when baked, and the heart shapes in the center may shrink slightly. To keep the dough from sticking, dust the cutters with a little flour.

Serve the cookies immediately after frosting for a crisp cookie. Or, for a softer, more cakelike cookie, assemble the sandwiches up to 1 day ahead and refrigerate, covered, until ready to serve.

"I LOVE HOW DELICATE AND SUPER-CRUNCHY THE COOKIES ARE IN COMPARISON TO THE SOFT FILLINGS," SAYS ALICE MEDRICH.

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*Kris-Etherton, et al.; *Am J Clin Nutr* 2000;71(suppl):179S-88S.

Win Money

Enter your recipe to win money and prizes in our Prize Tested Recipes® Contest (*see page 179*).

Your original recipe could be worth up to $400. Winning recipes will be entered to win the 2010 annual Grand Prize—a selection of appliances from Frigidaire worth up to $10,000. Winner will choose from Frigidaire's new Professional line, including the electric range, *right.* Enter your original recipes (never before published) in Prize Tested Recipes® contest, which features two new categories each month. Each month we publish four winning recipes (top two recipes in each category).

MONTHLY PRIZES

Two $400, two $200, ten $50 honor roll winners.

SEPTEMBER 2010 CATEGORIES

VEGETABLE PIES AND TARTS Make a savory pie or tart in which vegetables star. Begin with a pastry or biscuit crust made with whole wheat or all-purpose flour, or cornmeal. Or make a crumb crust using bread, pretzels, or crackers. Top with layers of thinly sliced vegetables and cheese or fill with a creamy veggie-packed custard mixture. Both a large tart to serve for dinner or mini appetizer-size ones are welcome for this category.

ONE-POT MEALS Send us a stove-top or slow-cooker simmered medley of meat and vegetables. If you like, add a grain, such as rice or pasta. Need some ideas? Soups and stews with or without meat, risottos, spicy beans and rice, noodle bowls, ground beef skillet mixtures, and vegetable-meat stir-fries served with rice are a few suggestions .

THIS MONTH'S WINNERS (*PAGES 179–180*)

$400 WINNERS Elaine Edstrom, Houston, TX; Kim Van Dunk, Caldwell, NJ

$200 WINNERS Jessie Grearson, Falmouth, ME; Jennifer O'Connor, Brunswick, ME

$50 HONOR ROLL WINNERS Jane Burcon, Comstock Park, MI; Loanne Chiu, Ft. Worth, TX; Brooke Creagh, Boulder Junction, WI; Tawnya Habbinga, The Colony, TX; Cathy Johnson, Castle Rock, CO; Regan Jones, Southlake, TX; Iva Kiser, Fredericksburg, VA; Darlene Lelle, Kings Park, NY; Lina Mumphrey, Shellyville, KY; Angelica Persson, Loxley, AL

CONTEST DETAILS

Subject to Official Rules at BHG.com/recipe/memberRecipes. No purchase necessary. Open to legal U.S. residents, 14 years or older. Void where prohibited. Sponsor: Meredith Corp., Des Moines, Iowa.

ENTRY February contest begins 1/15/10. By mail, send entries to: 0910 Food Dept., Better Homes and Gardens® magazine, Des Moines, IA 50309-3023. Online, submit entry information in an e-mail to PTR@meredith.com. E-mail entries must be received by 11:59 p.m., CT, 2/22/10. Mail entries must be postmarked by 2/22/10 and received by 2/28/10.

ENTRY INFORMATION For each Category entered, create your original recipe. Multiple entries are allowed, but each recipe must be submitted as a separate entry and each entry must meet the following requirements:

- A recipe may be submitted in each of the two monthly Categories. Write or type on each entry the Category you wish to enter. Each recipe may only be submitted for judging in one Category. Multiple entries may be submitted in the same envelope.
- Recipe entries must be original, and cannot have been previously published, won another competition or contest, or been used for advertising or promotional purposes.
- Entry must: (1) include recipe name and number of servings the recipe yields, (2) use ingredients that are available in most grocery stores, (3) list ingredients with measurements in order of use, (4) include step-by-step preparation and cooking directions, and (5) include entrant name, age, complete address with ZIP Code, and telephone number with area code; e-mail address is optional.

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PRIZE TESTED RECIPES® $400 WINNER
Elaine Edstrom, HOUSTON, TX
CHOCOLATE-PEANUT BUTTER DESSERTS CATEGORY, FEBRUARY 2010

DECADENT CHOCOLATE-PEANUT BUTTER CHEESECAKE

- 18 chocolate graham cracker squares, finely crushed (1½ cups)
- ½ cup butter, melted
- 2 Tbsp. sugar
- 2 8-oz. pkg. cream cheese, softened
- 1 cup creamy peanut butter
- ¼ cup sugar
- 3 eggs
- 1½ cups semisweet chocolate pieces
- 2 Tbsp. milk
- ½ tsp. vanilla
- Peanuts (optional)

1. Preheat oven to 300°F. Combine crackers, melted butter, and 2 tablespoons sugar. Press into bottom and 1 inch up sides of a 9-inch springform pan; set aside. In bowl beat *1 package* cream cheese with electric mixer until smooth. Beat in peanut butter and ¼ cup sugar until combined. Fold in 1 lightly beaten egg; set aside.
2. In saucepan stir chocolate over low heat until melted and smooth. Remove from heat. Cube *remaining* cream cheese; add to chocolate. Stir to combine. Stir in milk and vanilla until smooth. Fold in 2 lightly beaten eggs. Spread half the chocolate mixture into pan. Carefully spread all the peanut butter mixture over layer. Evenly spread remaining chocolate mixture.
3. Bake 45 minutes or until top is set when lightly shaken. Outer 2 inches of top will be slightly puffed and dry-looking; center will look darker and wet. Cool in pan on rack 15 minutes. Use small sharp knife to loosen crust from sides; cool 30 minutes. Remove sides of pan; cool completely on rack. Cover; chill 4 hours. Let stand at room temperature 15 minutes before serving. Sprinkle with peanuts. **MAKES 16 SERVINGS.**

CLIP AND SAVE RECIPES IN YOUR **BETTER HOMES AND GARDENS®** NEW COOK BOOK

PRIZE TESTED RECIPES® $400 WINNER
Kim Van Dunk, CALDWELL, NJ
GREAT GRAIN SIDE DISHES CATEGORY, FEBRUARY 2010

SWEET POTATO BARLEY SALAD

- 1 cup regular (not quick-cooking) barley
- 1 cup frozen sweet soybeans (edamame)
- 1 large sweet potato
- ⅓ cup olive oil
- ¼ cup balsamic vinegar
- 1 tsp. garlic salt
- 1 cup fresh baby spinach
- 1 cup golden raisins
- 2 medium carrots, shredded
- ½ cup thin red onion wedges

1. Rinse barley in sieve under running water until water runs clear. In medium saucepan bring barley and 3 cups *water* to boiling; reduce heat. Simmer, uncovered, 20 to 25 minutes or until tender; drain. Rinse cooked barley in colander under cold running water until cooled; drain well.
2. Meanwhile, prepare soybeans according to package directions. Scrub sweet potato and pierce several times with fork. Wrap in paper towel. Microwave 5 minutes or until soft when gently pressed. When cool enough to handle, remove skin and dice potato.
3. For dressing, in small bowl whisk to combine olive oil, vinegar, garlic salt, and *black pepper* to taste. On serving plates arrange barley, sweet potato, edamame, spinach, raisins, carrots, and onion. Pass dressing. **MAKES 8 SIDE-DISH SERVINGS.**

To find recipes for every occasion, visit BHG.com/food

PRIZE TESTED RECIPES® CONTEST DETAILS *SEE PAGE 177*

PRIZE TESTED RECIPES® $200 WINNER

Jessie Grearson, FALMOUTH, ME

GREAT GRAIN SIDE DISHES CATEGORY, FEBRUARY 2010

QUINOA TOSS WITH CHICKPEAS AND HERBS

- 1 cup quinoa
- 2 cups chicken broth or vegetable broth
- 2 ears fresh corn or 1 cup frozen corn, thawed
- 1 15-oz. can chickpeas
- ½ cup crumbled feta cheese
- ¼ cup finely chopped sweet onion
- 3 Tbsp. snipped fresh basil
- 2 Tbsp. snipped fresh Italian (flat-leaf) parsley
- ¼ cup olive oil
- 2 Tbsp. lemon juice
- 1 cup diced, cooked beets
- Romaine leaves

1. Rinse quinoa in fine mesh sieve under cold running water; drain. In saucepan bring broth to boiling. Add quinoa. Return to boiling; reduce heat. Simmer, covered, 15 minutes or until broth is absorbed. Remove from heat; set aside to cool.
2. Cut corn from cobs. Rinse and drain chickpeas. In bowl combine quinoa, corn, chickpeas, cheese, onion, and herbs. For dressing, in bowl whisk together oil, lemon juice, 1/2 teaspoon *each salt* and *pepper*. Add to quinoa mixture; toss to coat.
3. Cover and let stand at least 1 hour, or cover and refrigerate up to 24 hours. Bring to room temperature before serving. Stir in beets just before serving. Serve in bowls lined with romaine leaves. **MAKES 8 (1-CUP) SERVINGS.**

Grand Prize The best recipe of the year will be awarded a suite of appliances from Frigidaire worth up to $10,000. See *page 177* for details.

photos BLAINE MOATS food styling GREG LUNA

PRIZE TESTED RECIPES® $200 WINNER

Jennifer O'Connor, BRUNSWICK, ME

CHOCOLATE-PEANUT BUTTER DESSERTS CATEGORY, FEBRUARY 2010

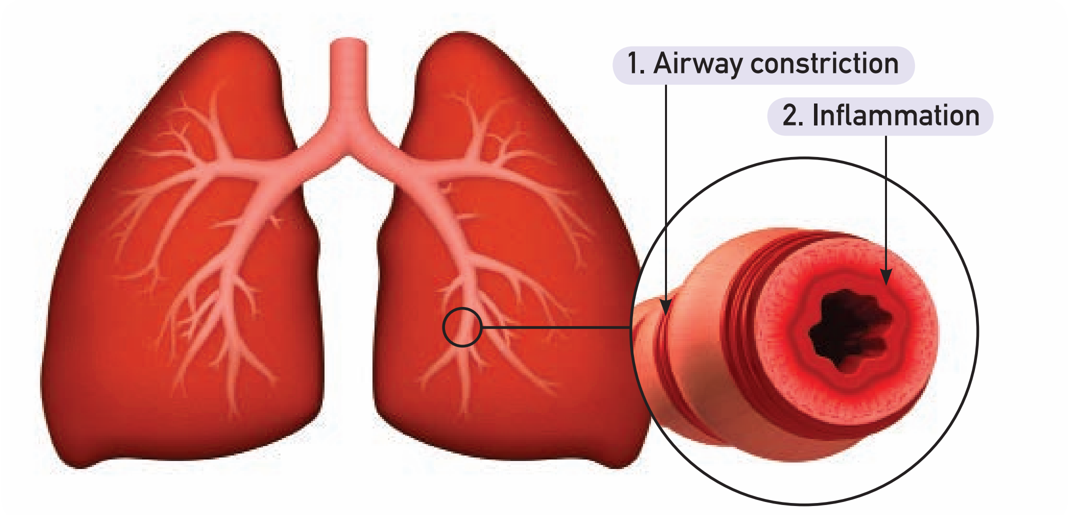
CHOCOLATE-PEANUT BUTTER WHOOPIE PIES

- 1 12-oz. pkg. miniature semisweet chocolate pieces
- 2 Tbsp. milk
- ¾ cup butter, softened
- ¼ cup creamy peanut butter
- 1½ cups sugar
- 1 tsp. baking soda
- 1 tsp. baking powder
- 2 eggs
- ½ cup milk
- 1 tsp. vanilla
- ½ cup unsweetened cocoa powder
- 3 cups all-purpose flour
- 1 recipe Filling

1. Preheat oven to 350°F. Set aside 1/4 *cup* chocolate pieces to sprinkle on cookies. In microwave-safe bowl combine *1 cup* of the chocolate pieces and 2 tablespoons milk. Microwave on 50% power (medium) 1 minute or until melted; stir once. Set aside.
2. In bowl beat butter and peanut butter with electric mixer until combined. Add sugar, soda, baking powder, and 1/2 teaspoon *salt*; beat to combine. Add eggs, 1/2 cup milk, vanilla, and melted chocolate; beat until combined. Beat in cocoa powder and flour until combined. Stir in *remaining* chocolate pieces. Drop by rounded teaspoons 2 inches apart onto ungreased cookie sheets. Sprinkle with reserved chocolate. Bake 9 minutes or until tops are set. Cool on sheets 1 minute. Transfer to wire racks; cool completely. To assemble, spread flat sides of half the cookies with Filling; top with remaining cookies. **MAKES 30 SANDWICHES.**

FILLING In bowl beat 1 cup softened *butter*, 1 cup *creamy peanut butter*, 1 cup *marshmallow creme*, and 2 cups *powdered sugar* with electric mixer until combined. If needed beat in 2 tablespoons *milk* until spreading consistency.

Asthma has 2 main causes.
Treating both with ADVAIR® helps prevent symptoms.



If your symptoms keep coming back, it could be that your controller medicine* can't treat both main causes of asthma.

ADVAIR treats both main causes to help prevent symptoms from occurring in the first place.

Get your first full prescription FREE!† Go to ADVAIR.com or call 1-800-4ADVAIR.

Important Safety Information About ADVAIR DISKUS

Prescription ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. ADVAIR is for people who still have symptoms on another asthma controller, or who need two controllers. ADVAIR contains salmeterol. In patients with asthma, medicines like salmeterol may increase the chance of asthma-related death. So ADVAIR is not for people whose asthma is well controlled on another controller medicine.

Talk to your doctor about the risks and benefits of treating your asthma with ADVAIR. Do not use ADVAIR with long-acting $beta_2$-agonists for any reason. If you are taking ADVAIR, see your doctor if your asthma does not improve or gets worse. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure. Some people may experience increased blood pressure, heart rate, or changes in heart rhythm. ADVAIR is for patients 4 years and older. For patients 4 to 11 years old, ADVAIR 100/50 is for those who have asthma symptoms while on an inhaled corticosteroid.

*ADVAIR contains 2 medicines; other products may contain just 1.

†Subject to eligibility. Restrictions apply.

Please see accompanying Important Safety Information about ADVAIR DISKUS on next page.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

gsk GlaxoSmithKline

GSK for you — If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

ADVAIR DISKUS® 100/50
(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)

ADVAIR DISKUS® 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

Important Safety Information About ADVAIR DISKUS

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about ADVAIR DISKUS?

- **In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems.** In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- **ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.**
- **Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.**
- **ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.**
- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.**
- **Get emergency medical care if:**
  - **breathing problems worsen quickly, and**
  - **you use your fast-acting inhaler, but it does not relieve your breathing problems.**

What is ADVAIR DISKUS?

- **ADVAIR DISKUS contains 2 medicines:**
  - **fluticasone propionate (the same medicine found in FLOVENT®),** an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - **salmeterol (the same medicine found in SEREVENT®),** a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

Asthma

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir® (ritonavir capsules) Soft Gelatin, Norvir® (ritonavir oral solution), and Kaletra® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.**
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See *"What is the most important information I should know about ADVAIR DISKUS?"*
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. **Call your healthcare provider if you notice any of the following symptoms:**
  - increase in mucus (sputum) production
  - change in mucus color
  - increased breathing problems
  - fever
  - increased cough
  - chills
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
  - rash
  - swelling of the face, mouth, and tongue
  - hives
  - breathing problems
- **increased blood pressure**
- **chest pain**
- **a fast and irregular heartbeat**
- **headache**
- **tremor**
- **nervousness**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

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GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:6PI April 2009

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beginner's vegetable garden

Get started growing your own fresh, healthy food and save on trips to the grocery store. You'll love the flavor of these colorful vitamin-packed vegetables. Our pick of the best varieties includes a cut-and-come-again mesclun mix; sweet, productive cherry tomato 'Sungold' and juicy red, award-winning 'Celebrity' tomato; tender, seedless 'Diva' cucumber; high-yielding purple-and-white striped 'Fairytale' eggplant; sweet bell peppers 'Fat 'n' Sassy' and 'Lilac'; plus bush summer squash 'Goldbar'. Well-rooted, young starts will be shipped at the right time for planting in your area.

TO ORDER BEGINNER'S VEGETABLE GARDEN, CALL WHITE FLOWER FARM, 800/420-2852, OR VISIT READERSHOPPING.COM. Item **MM087237,** 7 plants in 3-inch pots and lettuce in 8-pack for $45.95 plus shipping. Order early; quantities are limited. Ships from mid-April through June. Sorry, we are unable to ship to APO/FPO addresses, or addresses outside the contiguous United States.

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Heart of Gold

Heart Healthy Nutrition Tips

February is **National Heart Month**, so what better time to review a few fundamentals of a heart healthy diet? Check out these nutrition tips below and start eating heart healthy today.

Avoid Trans Fats

Minimize your consumption of fried foods and baked goods when possible. Often these foods contain trans fats which increase your bad cholesterol and decrease your good cholesterol.

Eat Foods High In Omega-3s

Try eating oily fish, like salmon or tuna, twice a week. These fish are high in omega-3 fatty acids, which have been shown to increase good cholesterol levels.

Snack Smart

Remember to eat heart healthy at every meal, including snack-time. With heart-healthy fats and only 25 calories per serving, **Lindsay® Olives** are the perfect solution when the urge to snack strikes. Grab a handful and relish the knowledge that you're enjoying a satisfying snack that's actually good for you.

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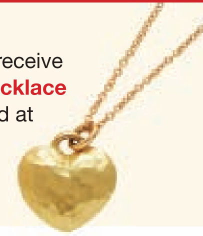

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love your heart

The harsh reality: Heart disease is the No. 1 killer of women. The heartening truth: It's almost entirely preventable. Here's what you can do to reduce your risk—starting today.

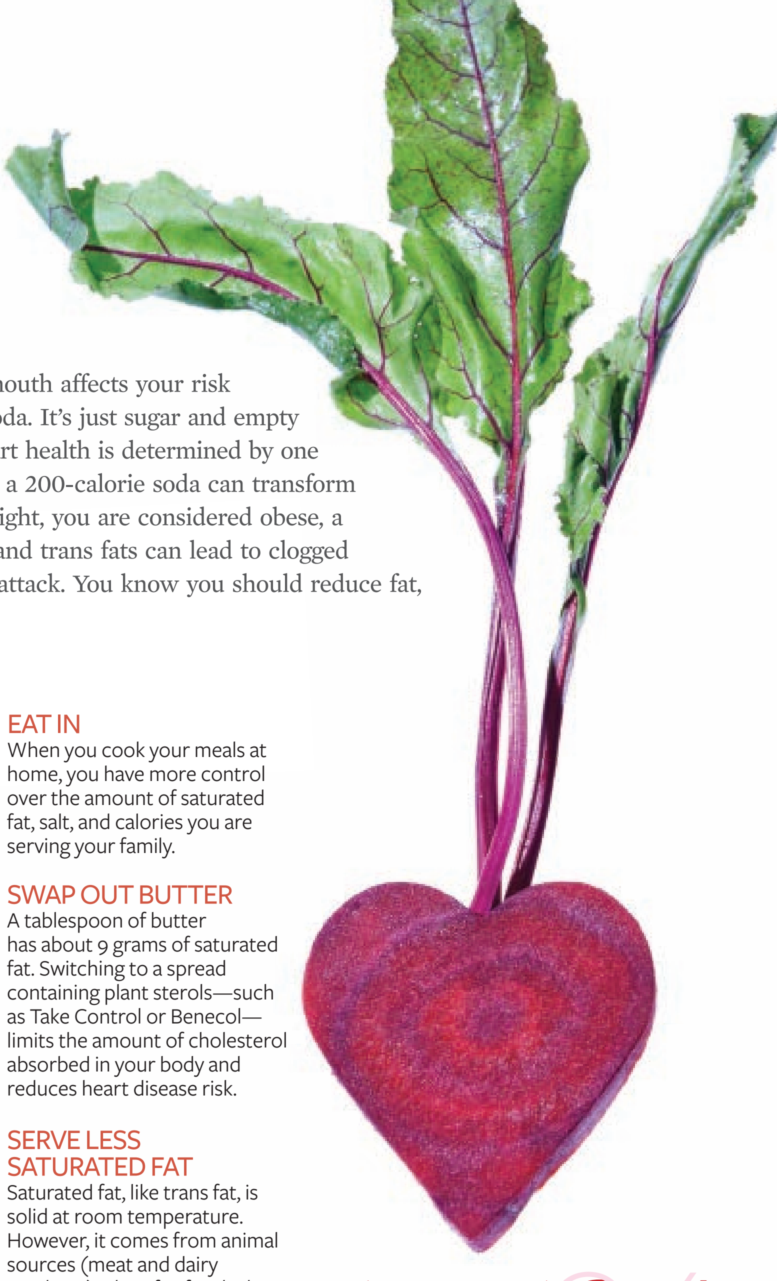
by DOUG DONALDSON photos KATHRYN GAMBLE food styling JENNIFER PETERSON

They call heart disease the silent killer for a reason.

"It's challenging to prevent because you don't feel it," says Dr. Elizabeth Klodas, a spokeswoman for the American College of Cardiology and author of *Slay the Giant: The Power of Prevention in Defeating Heart Disease*. "By the time you have chest pain or shortness of breath, the process is incredibly advanced."

However, unless you have a congenital condition or genetic predisposition to cardiovascular disease, for the most part you are in control of your heart health. You can dramatically lower your risk—by 80 percent—with diet, exercise, and lifestyle changes. On the following pages, nutrition experts, doctors, and scientists offer proven strategies to keep cardiovascular disease at bay.

the way to eat



Bite by bite, sip by sip, nearly everything you put in your mouth affects your risk for heart disease. "I cringe when I see someone drinking soda. It's just sugar and empty calories," says Klodas, a Minneapolis cardiologist. "Your heart health is determined by one million little choices that continue to add up." For example, a 200-calorie soda can transform into body fat. That fat matters. If you're 30 pounds overweight, you are considered obese, a major risk factor for heart disease. Food high in saturated and trans fats can lead to clogged arteries and inflammation—the key ingredients for a heart attack. You know you should reduce fat, mind your calories, and eat well. Here's the latest thinking:

>>the new basics

GO MEDITERRANEAN

"Switching from a diet high in saturated fat to a Mediterranean-style diet raises good cholesterol and lowers overall cholesterol in a couple of weeks. It's a fairly rapid thing," says Klodas. The diet focuses on fruits, vegetables, whole grains, nuts, seeds, and olive oil. Moderate amounts of fish, poultry, and red wine are consumed, and little red meat.

GET A GRIP ON PORTIONS

Taking control of the amount of food you eat is the most important nutrition step you can take to prevent heart disease, say Klodas. Idaho dietitians created a system to control cholesterol, diabetes, and obesity. Start with a 9-inch plate. Fill half the plate with nonstarchy vegetables (1 cup), one quarter of the plate with a starchy food (½ cup), and the last quarter with lean protein (2 to 3 ounces). Add 8 ounces of nonfat or lowfat milk or yogurt and ½ cup of fruit.

SHELVE TRANS FATS

These dangerous fats raise levels of bad cholesterol, which clogs arteries, while decreasing good cholesterol, which keeps plaque from forming. Trans fats result when liquid vegetable oils are changed into a solid fat. Avoid products containing trans fats—also called partially hydrogenated oils.

WATCH FOR HIDDEN SALT

If Americans cut 1,000 milligrams of salt from their diets daily, there would be 200,000 fewer deaths over a 10-year period. Most of your sodium intake—75 percent—comes from processed foods. Look for low-sodium products with 140 milligrams or less sodium per serving.

EAT IN

When you cook your meals at home, you have more control over the amount of saturated fat, salt, and calories you are serving your family.

SWAP OUT BUTTER

A tablespoon of butter has about 9 grams of saturated fat. Switching to a spread containing plant sterols—such as Take Control or Benecol—limits the amount of cholesterol absorbed in your body and reduces heart disease risk.

SERVE LESS SATURATED FAT

Saturated fat, like trans fat, is solid at room temperature. However, it comes from animal sources (meat and dairy products). Shop for foods that contain less than 3 grams of saturated fat per serving.

reduce your risk

50%

for high blood pressure by balancing your sodium and potassium intake. Eat twice as much potassium as sodium. When you consume 200 mg. sodium, consider eating 1 banana (400 mg. potassium).

something fishy's going on

For years, food companies have added vitamins and minerals to products—the word "fortified" is splashed on the labels of orange juice, milk, and cereal. The most recent additive is omega-3 fatty acids, which naturally promote heart health and are present in foods such as fatty fish, flaxseed, and walnuts.

Are fortified foods worth buying? "Eating omega-3-fortified foods can boost omega-3s in your diet. But if you want to prevent heart disease, you still need to watch the fat you eat, especially saturated fat," says Jeannie Gazzaniga-Moloo, spokeswoman for the American Dietetic Association. "Many fortified foods are still high in saturated fat."

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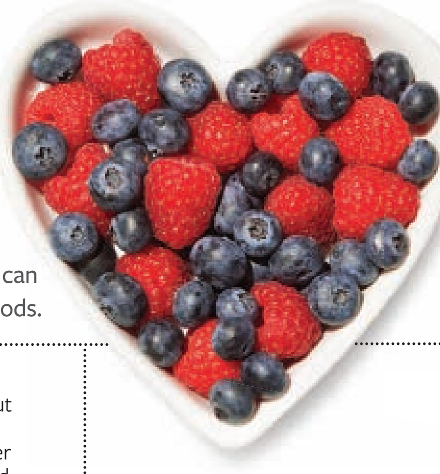


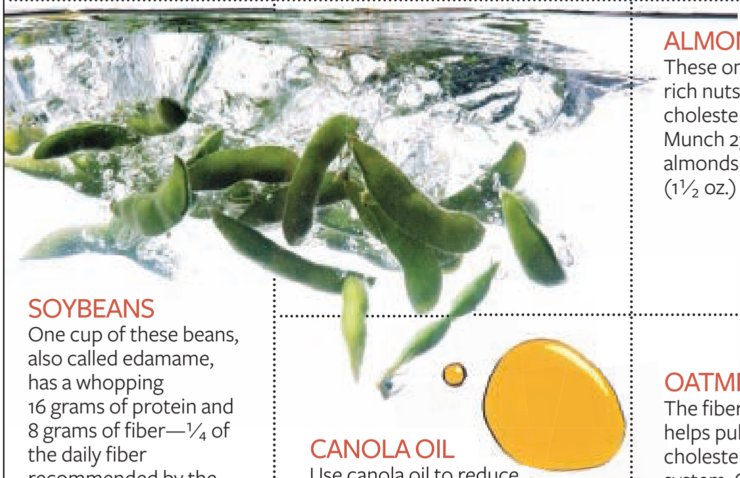
>> heart-friendly foods

Your best weapons in the fight against heart disease can be pretty tasty. Load up on these nutrient-packed foods.

GRAPE JUICE
Grape juice, like wine, has antioxidant compounds that reduce LDL (bad) cholesterol and the chance of blood clots. Flavonoids in grape juice also help increase HDL (good) cholesterol and lower blood pressure. If you opt for wine, keep it to about one glass a day.

GRASS-FED BEEF
Limiting red meat is wise, but when you do eat it, aim for grass-fed beef. It has a higher concentration of conjugated linoleic acid (CLA) than grain-fed beef, which can reduce your risk of cardiovascular disease. A 3½-ounce serving of grass-fed beef has more than double the amount of CLA found in grain-fed beef.

BERRIES
Antioxidants in berries—especially blueberries—show promise in many areas of heart health. A berry-rich diet may regulate blood pressure and boost good cholesterol.



ALMONDS
These omega-3-rich nuts lower cholesterol. Munch 23 almonds (1½ oz.) daily.

SOYBEANS
One cup of these beans, also called edamame, has a whopping 16 grams of protein and 8 grams of fiber—¼ of the daily fiber recommended by the American Heart Association.

CANOLA OIL
Use canola oil to reduce saturated fat in your diet and increase omega-3 fatty acids.

OATMEAL
The fiber in oatmeal helps pull bad cholesterol out of your system. Consume oatmeal with at least 5 grams of fiber per serving at least three times a week.

SALMON
The omega-3 fatty acids in salmon may decrease triglyceride levels and slightly lower blood pressure. Eat 3 ounces twice a week.

SPINACH
A 1½-cup serving of fresh spinach or other dark green, leafy veggies packs more heart-protecting benefits than just about any other food.

The Cleveland Clinic, whose heart program has been ranked No. 1 for 15 years in a row by *U.S. News and World Report*, has selected its top 40 heart-protecting foods: *hearthealthyonline.com/top-40*.

For heart-friendly recipes in this issue, see "Heartwise in the Kitchen," *page 156*.

PHOTOS: (EDAMAME, OIL) VEER; (OTHERS) KATHRYN GAMBLE

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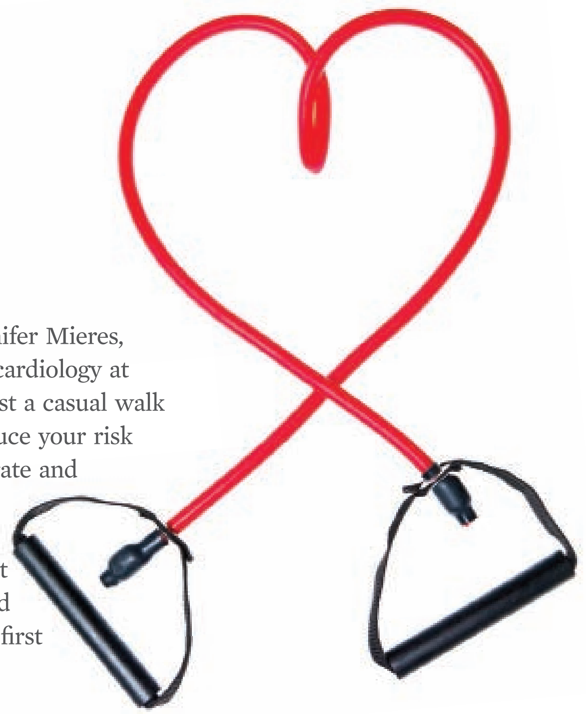

the way to exercise

Exercise is the single most important step toward prevention, says Dr. Jennifer Mieres, spokeswoman for the American Heart Association and director of nuclear cardiology at New York University School of Medicine. But your heart won't settle for just a casual walk around the block. "What a lot of people don't realize is that to actually reduce your risk of cardiovascular disease, your exercise program has to elevate your heart rate and meet certain criteria to be effective," says Dr. Leslie Cho, director of the Cleveland Clinic's Women's Cardiovascular Center. You need to raise your heart rate 20 to 30 minutes every day. Even people who have suffered heart attacks benefit: They recover faster and stay healthier longer when they add regular workouts to their rehabilitation. Be sure to check with your doctor first before embarking on a rigorous program.

>>the new basics

PUMP UP INTENSITY
Intense workouts hold the key to continued fitness and heart health. Your exercising heart rate should be 40 percent to 50 percent higher than your normal resting rate. Although you'll be working harder, you can pack a heart-healthy workout into less time.

TAKE THE TALK TEST
No heart rate monitor? To reach the level of exertion needed to benefit your heart, you should be working out to the point where you can only carry on brief three-word conversations. If you're able to chat as usual, step up the workout routine.

STAY FRESH
After a few months your body gets used to whatever activity you do and the workouts become easier; however, the benefits decline. Take a lesson from pro athletes and mix up your exercise routine or add new activities to your workout.

DIVIDE & CONQUER
Three 10-minute intervals of aerobic exercise a day can be just as beneficial as one 30-minute session. If your schedule doesn't permit going to the gym in one block of time, set aside a few mini-sessions during your day—just be sure to keep that intensity up.

PICK PERFORMANCE
While low-intensity exercise such as gardening and housework does help, more intense exercise such as bicycling, running, swimming, or brisk walking for at least 30 minutes most days of the week provides the best heart-healthy results.

PARTNER UP
People are more apt to stick with a regular exercise program when they have someone to give them incentive (or lay on the guilt).

reduce your risk 40%

for heart disease by exercising five hours or more a week. You can also reduce your risk 23% by working out with weights 30 minutes 3 times a week.

monitors for every beat

How do you know if your workout is intense enough to provide heart-healthy benefits? Strap on a heart rate monitor. Here are three models for just about any fitness level and budget.

DO EVERYTHING Along with a heart rate monitor, calorie counter, and pedometer, this nifty gadget has an MP3 player with memory to store 500 songs. *Haier ibiza Rhapsody HHH1A-2G Trainer Sport; haieramerica .com;* $53

EASY TO USE Visual or vibrating alerts show when you're at your target heart rate. Tap the lens to see exercise time or calories burned. *Oregon Scientific SmartHeart SE102 Heart Rate Monitor; Oregonscientific.com;* $60

COMPUTER CONNECTED Download workout info to a computer to analyze and improve training. Also provides programmable alerts when training reaches desired fat-burning levels. *Polar FT7; Polarusa.com;* $120

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tread rightly

Pick up the pace and make it interesting when you step on this often-neglected piece of exercise equipment.

SET THE SCENE

Start by putting your treadmill somewhere more interesting—near a window or in a sunny room. If a basement room is the only place with space, decorate it with potted plants, photos, and personal items. "Make a list of why you are exercising— to be more independent as I grow older, to lose weight, to be able to play with my children—and post the list where you can see it while you work out," says Sara Hannum, exercise physiologist at the University of Alabama at Birmingham.

HAVE A PLAN

Map out your treadmill times a week in advance. You're more likely to stick with it if you can see what you've got planned. At the end of each week, map out the next, taking into account your household schedule.

BLAST BOREDOM

Let's face it—walking at the same speed can be dull. Blow off boredom by warming up for 5 to 10 minutes and then, every five minutes or so, crank up the machine to your personal top speed for20 seconds. Then slow down to a comfortable pace, recover, and repeat. This simple technique jazzes you up.

MAKE A MINISERIES

"I break a movie into several miniseries and watch them in 30-minute segments while I work out," says fitness expert Steve Zim, owner of A Tighter U Fitness Studio in Los Angeles and author of *Six Weeks to a Hollywood Body*.

ROCK 'N' READ

You listen to tunes to tackle the tedium, but don't forget to listen to books on tape. The added concentration they require makes time fly. Try novels, nonfiction, or language. When you're ready for that walking tour of Tuscany, your body will be up to the task, and you'll be able to speak the language, too. You also might want to investigate college lectures on CD or DVD. A serious lecture in existential philosophy or theoretical physics will quickly take your mind off the exercise. Vendors such as The Teaching Company (*teach12.com*) offer course listings with something for every interest.

—AVERY HURT

For more information about women and heart disease, pick up *Heart-Healthy Living* magazine at newsstands February 9 or visit *hearthealthyonline.com*.

PHOTO: (WOMAN ON TREADMILL) VEER

CRESTOR®
rosuvastatin calcium

Important Safety Information about CRESTOR: In adults, CRESTOR is prescribed along with diet for lowering high cholesterol. CRESTOR is also prescribed along with diet to slow the progression of atherosclerosis (the buildup of plaque in arteries) as part of a treatment plan to lower cholesterol to goal. CRESTOR has not been approved to prevent heart disease, heart attacks, or strokes.

CRESTOR is not right for everyone, including anyone who has previously had an allergic reaction to CRESTOR, anyone with liver problems, or women who are nursing, pregnant, or who may become pregnant. Your doctor will do blood tests before and during treatment with CRESTOR to monitor your liver function. Unexplained muscle pain and weakness could be a sign of a rare but serious side effect and should be reported to your doctor right away. The 40-mg dose of CRESTOR is only for patients who do not reach goal on 20 mg. Be sure to tell your doctor if you are taking any medications. Side effects occur infrequently and include headache, muscle aches, abdominal pain, weakness, and nausea.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch, or call 1-800-FDA-1088.

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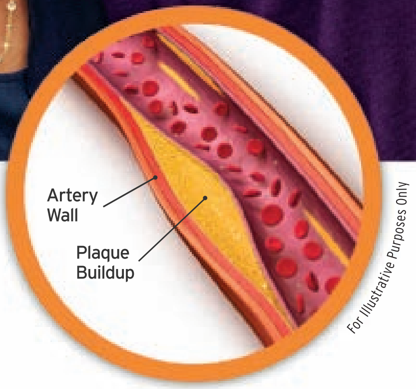
30 YEARS AGO,
YOU DIDN'T KNOW ABOUT
HIGH CHOLESTEROL
AND PLAQUE BUILDUP.

FORTUNATELY, NOW YOU DO.



Over time, you've learned a thing or two. Now you know that high cholesterol is a major factor in the buildup of plaque in arteries. Here's how CRESTOR can help.

- Along with diet, CRESTOR does more than ▼ lower bad cholesterol. It ▲ raises the good
- CRESTOR is also proven to slow the buildup of plaque in arteries as part of a treatment plan to lower cholesterol to goal
- High cholesterol, family history of early heart disease, diabetes, and high blood pressure may play a role in plaque buildup

Talk to your doctor about plaque buildup, and ask if CRESTOR is right for you.

Please read the important Product Information about CRESTOR on the following page.

TAKE A DEEPER LOOK
at how plaque could be building in your arteries. Take an interactive tour of an artery at CRESTOR.COM

800-CRESTOR   CRESTOR.COM

CRESTOR®
rosuvastatin calcium

AstraZeneca

IMPORTANT INFORMATION ABOUT CRESTOR® (ROSUVASTATIN CALCIUM)

Please read this summary carefully and then ask your health care professional about CRESTOR. No advertisement can provide all the information needed to determine if a drug is right for you. This advertisement does not take the place of careful discussions with your health care professional.

Only your health care professional has the training to help weigh the risks and benefits of a prescription drug.

WHAT IS CRESTOR?
CRESTOR is a prescription medicine that belongs to a group of cholesterol-lowering medicines called statins. Along with diet, CRESTOR lowers "bad" cholesterol (LDL-C), increases "good" cholesterol (HDL-C), and also slows the progression of atherosclerosis in adults with high cholesterol, as part of a treatment plan to lower cholesterol to goal.

WHAT IS CHOLESTEROL?
Cholesterol is a fatty substance, also called a lipid, normally found in your bloodstream. Your body needs a certain amount of cholesterol to function properly. But high cholesterol can lead to health problems. LDL-C is called bad cholesterol because if you have too much in your bloodstream, it can become a danger to your health and can lead to potentially serious conditions. HDL-C is known as good cholesterol because it may help remove excess cholesterol. Common health factors such as diabetes, high blood pressure, smoking, obesity, family history of early heart disease, and age can make controlling your cholesterol even more important.

WHAT IS ATHEROSCLEROSIS?
Atherosclerosis is the progressive buildup of plaque in the arteries over time. One major cause is high levels of LDL-C. Other health factors, such as family history, diabetes, high blood pressure, or if you smoke or are overweight, may also play a role in the formation of plaque in arteries. Often this plaque starts building up in arteries in early adulthood and gets worse over time.

HOW DOES CRESTOR WORK?
Most of the cholesterol in your blood is made in the liver. CRESTOR works by reducing cholesterol in two ways: CRESTOR blocks an enzyme in the liver causing the liver to make less cholesterol, and CRESTOR increases the uptake and breakdown by the liver of cholesterol already in the blood.

WHO SHOULD NOT TAKE CRESTOR?
Do not take CRESTOR if you

- are pregnant or think you may be pregnant, or are planning to become pregnant. CRESTOR may harm your unborn baby. If you become pregnant, stop taking CRESTOR and call your health care professional right away
- are breast-feeding. CRESTOR can pass into your breast milk and may harm your baby
- have liver problems
- have had an allergic reaction to CRESTOR or are allergic to any of its ingredients. The active ingredient is rosuvastatin calcium. The inactive ingredients are microcrystalline cellulose, lactose monohydrate, tribasic calcium phosphate, crospovidone, magnesium stearate, hypromellose, triacetin, titanium dioxide, yellow ferric oxide, and red ferric oxide

The safety and effectiveness of CRESTOR have not been established in children.

HOW SHOULD I TAKE CRESTOR?
- Take CRESTOR exactly as prescribed by your health care professional. Do not change your dose or stop CRESTOR without talking to your health care professional, even if you are feeling well
- Your health care professional may do blood tests to check your cholesterol levels before and during your treatment with CRESTOR. Your dose of CRESTOR may be changed based on these blood test results
- CRESTOR can be taken at any time of day, with or without food
- Swallow the tablets whole
- Your health care professional should start you on a cholesterol-lowering diet before giving you CRESTOR. Stay on this diet when you take CRESTOR
- Wait at least 2 hours after taking CRESTOR to take an antacid that contains a combination of aluminum and magnesium hydroxide
- If you miss a dose of CRESTOR, take it as soon as you remember. However, **do not take 2 doses of CRESTOR within 12 hours of each other**
- If you take too much CRESTOR or overdose, call your health care professional or Poison Control Center right away or go to the nearest emergency room

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE TAKING CRESTOR?
Tell your health care professional if you

- have a history of muscle pain or weakness
- are pregnant or think you may be pregnant, or are planning to become pregnant
- are breast-feeding
- drink more than 2 glasses of alcohol daily
- have liver problems
- have kidney problems
- have thyroid problems
- are Asian or of Asian descent

Tell your health care professional about all medicines you take or plan to take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Some medicines may interact with CRESTOR, causing side effects. It is particularly important to tell your health care professional if you are taking or plan to take medicines for

– your immune system
– cholesterol/triglycerides
– blood thinning
– HIV/AIDS
– preventing pregnancy

Know all of the medicines you take and what they look like. It's always a good idea to check that you have the right prescription before you leave the pharmacy and before you take any medicine.

(continued)

Keep a list of your medicines with you to show your health care professional. If you need to go to the hospital or have surgery, tell all of your health care professionals about all medicines that you are taking.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF CRESTOR?
CRESTOR can cause side effects in some people.

Serious side effects may include:

Muscle problems. Call your health care professional right away if you experience unexplained muscle pain, tenderness, or weakness, especially with fever. This may be an early sign of a rare muscle problem that could lead to serious kidney problems. The risk of muscle problems is greater in people who are 65 years of age or older, or who already have thyroid or kidney problems. The chance of muscle problems may be increased if you are taking certain other medicines with CRESTOR.

Liver problems. Your health care professional should do blood tests before you start taking CRESTOR and during treatment to check for signs of possible liver problems.

The most common side effects may include headache, muscle aches and pains, abdominal pain, weakness, and nausea.

This is not a complete list of side effects of CRESTOR. Talk to your health care professional for a complete list or if you have side effects that bother you or that do not go away.

HOW DO I STORE CRESTOR?
Store CRESTOR at room temperature, 68-77°F (20-25°C), in a dry place. If your health care professional tells you to stop treatment or if your medicine is out of date, throw the medicine away. **Keep CRESTOR and all medicines in a secure place and out of the reach of children.**

WHERE CAN I GET MORE INFORMATION ABOUT CRESTOR?
Talk to your health care professional. Full Prescribing Information is available on CRESTOR.COM or by calling 1-800-CRESTOR.

GENERAL INFORMATION
It is important to take CRESTOR as prescribed and to discuss any health changes you experience while taking CRESTOR with your health care professional. Do not use CRESTOR for a condition for which it was not prescribed. Do not give CRESTOR to other people, even if they have the same medical condition you have. It may harm them.

NOTE: This summary provides important information about CRESTOR. For more information, please ask your health care professional about the full Prescribing Information and discuss it with him or her.

Visit **CRESTOR.COM** or call the Information Center at AstraZeneca toll-free at **1-800-CRESTOR**.

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CRESTOR® rosuvastatin calcium

AstraZeneca

the way to live

By now you've figured out that your actions—the choices you make throughout each day—determine your heart health and that of your family. The most damaging choice: smoking. "You're a ticking time bomb if you smoke," says Dr. Elizabeth Klodas, cardiologist. "Smoking thickens the blood and makes the blood vessels less likely to expand." There are some risk factors beyond your control—family history, age, and race—that may require a doctor's prescription to keep plaque at bay. But many risk factors are totally within your control. Opt for these healthy everyday choices.

>>the new basics

RELAAAX
Meditation not only relieves stress but reduces heart attacks when practiced daily. The results of a nine-year study of people with heart disease showed a 47 percent reduction in death, heart attacks, and strokes among those who practiced Transcendental Meditation.

INVOLVE OTHERS
Push for change beyond your family and help change the heart health of your entire community. After educating 71,000 residents about heart disease, the Pawtucket, Rhode Island, Heart Health Program saw a 16 percent decrease in the disease.

DECREASE PRESSURE
Of the controllable risk factors related to heart disease, blood pressure makes a huge difference. If your reading is less than 120/80 mm Hg, you're in good shape. If you're 120–139 mm Hg systolic or 80–89 mm Hg diastolic, lifestyle changes, such as additional exercise, may help. If you're above 140/90, medications may be needed. Be sure to make a note of your blood pressure when you visit your doctor. Some pharmacies also offer blood pressure screening.

WAIST AWAY
Skip the scale and grab a measuring tape. Your waist should be less than half your height to keep heart disease at bay. For example, if you're 60 inches tall, your waist should measure less than 30 inches. Carrying your fat around your midsection is linked to high triglyceride and cholesterol levels, and an increased risk for diabetes.

DO MORE D
A deficiency of vitamin D has been associated with cardiovascular disease, but there's not enough evidence to show it causes the problem. Even so, ask your doctor to check your levels. Food sources of vitamin D include milk, salmon, and some fortified cereals. To get the vitamin from the sun, soak up 10 to 15 minutes of it between 10 a.m. and 3 p.m. twice weekly.

MANAGE DIABETES
Sixty-five percent or more of those with diabetes die of cardiovascular disease. Diabetes combined with other risk factors, such as obesity and inactivity, often creates a lethal environment for your heart. People with diabetes are two to four times more likely to have cardiovascular disease.

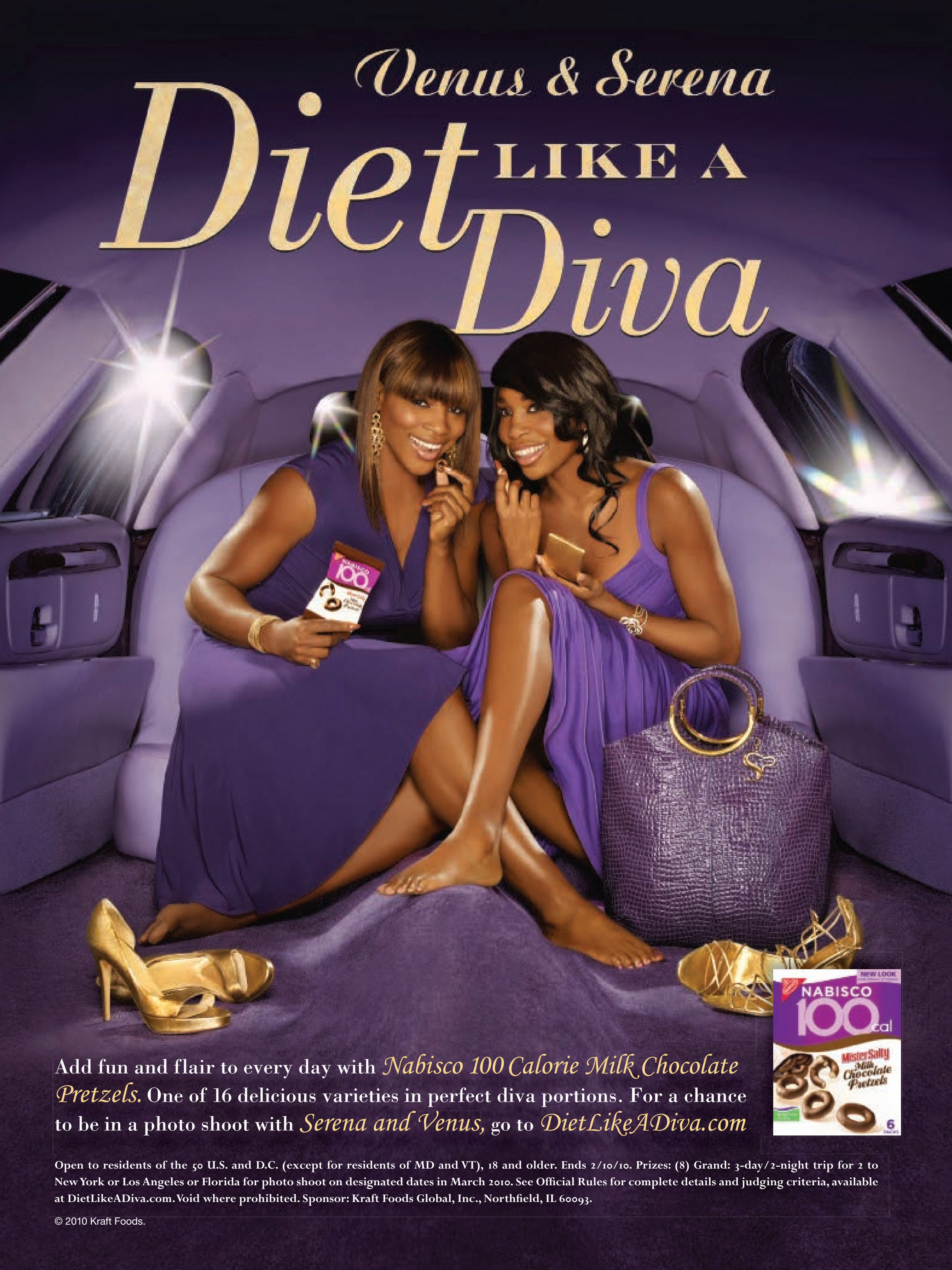
COUNT SHEEP
Aim for seven to eight hours of sleep each night for the best heart health. Too little sleep (five hours or less) and too much (nine hours or more) negatively impact your blood pressure and stress hormones.

reduce your risk 50%

for heart disease within a year after quitting smoking. If you're post-menopausal and have a history of chest pain, heart attack, or stroke, drop your risk 25% by taking a daily aspirin.

step in for screening

A new test called **myocardial contrast echocardiography** makes it easier to diagnose subtle symptoms of heart disease. The noninvasive test is relatively inexpensive compared to traditional tests. When used with a technique called perfusion imagery, cardiologists "see things we couldn't see before, such as blockages in smaller arteries," says Dr. Monique G. Smith, assistant professor, internal medicine section of cardiology at the Nebraska Medical Center in Omaha. If you have risk factors, such as a family history of heart disease, or symptoms—shortness of breath, pressure in your chest, neck, or jaw—see your doctor.


Venus & Serena
Diet LIKE A Diva
NABISCO 100
NEW LOOK
NABISCO
100 cal
Mister Salty
Milk Chocolate Pretzels
6
Add fun and flair to every day with Nabisco 100 Calorie Milk Chocolate Pretzels. One of 16 delicious varieties in perfect diva portions. For a chance to be in a photo shoot with Serena and Venus, go to DietLikeADiva.com
Open to residents of the 50 U.S. and D.C. (except for residents of MD and VT), 18 and older. Ends 2/10/10. Prizes: (8) Grand: 3-day/2-night trip for 2 to New York or Los Angeles or Florida for photo shoot on designated dates in March 2010. See Official Rules for complete details and judging criteria, available at DietLikeADiva.com. Void where prohibited. Sponsor: Kraft Foods Global, Inc., Northfield, IL 60093.
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the gender gap

Stretchy blood vessels in women may make heart disease more difficult to diagnose than in men.

Experts have known for years that men and women aren't equal when it comes to heart disease, but new research spotlights the need for women and their doctors to fully understand gender differences.

"We have a lot of catching up to do in women's heart disease," says Dr. Angela M. Taylor, co-director of the Diabetes Cardiovascular Clinic at the University of Virginia. To bridge the information gap, Taylor is launching a study to examine and compare plaque deposits inside arteries of men and women.

Cardiologists are discovering fascinating differences between the genders. For example, Taylor says, women's arteries simply behave differently than men's.

When cholesterol, or plaque, builds up in women, their arteries tend to enlarge to accommodate it. In men, the plaque simply blocks the arteries. Because standard tests look for blockages, women's plaque often remains hidden. Some scientists believe that, in addition to dietary means, damaging cholesterol deposits may occur during pregnancy in some women.

"We do know that this plaque buildup can cause heart attacks. It can also cause symptoms of chest pain, shortness of breath, and fatigue. The problem is that it isn't diagnosed as coronary disease, because our current testing methods cannot diagnose this diffuse disease," Taylor says. "This early disease may have something to do with why women die more often than men in the setting of a heart attack."

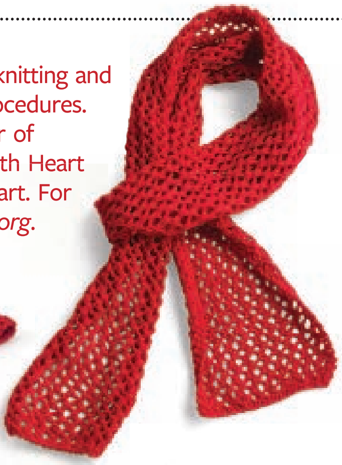
If you're experiencing chest pain yet standard tests don't reveal what's wrong, insist that your doctor evaluate the causes, Taylor says. (See "Step in for Screening," *page 195*.)

—BY SARA ALTSHUL

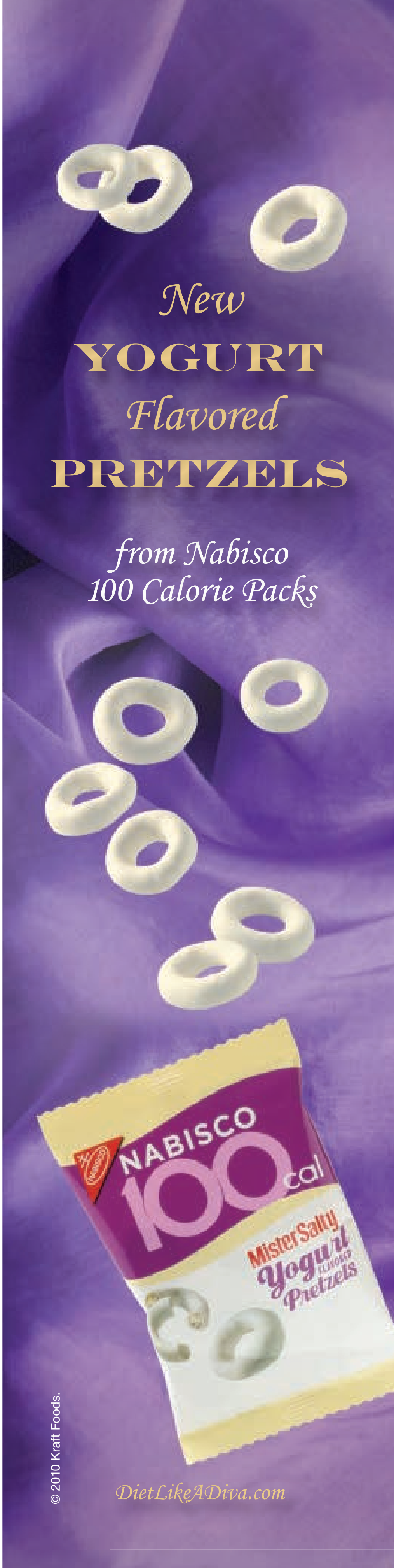
Excerpted from Heart-Healthy Living, *Spring 2010*

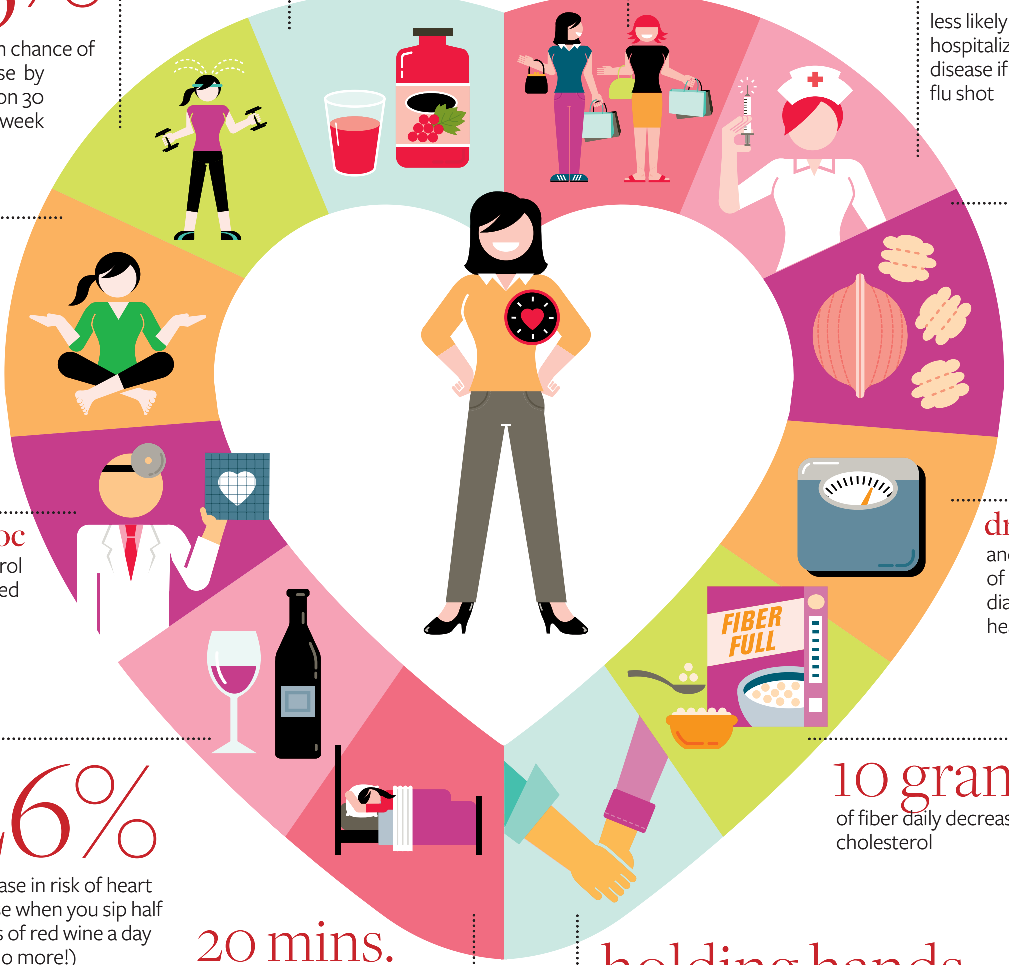
handmade lifeline

Join volunteers knitting and crocheting scarves for women undergoing heart procedures. The HeartScarves project was sparked by a member of WomenHeart: The National Coalition for Women with Heart Disease. A portion of the profits goes to WomenHeart. For other Go Red for Women products visit *shopgored.org*.



SCARF KIT *Everything you need to create a red scarf is included in this package. Order at* shopredheart.com; *$12.99*





23%
reduction in chance of heart disease by pumping iron 30 minutes 3x/week

40%
reduction in risk of heart disease by chugging 8 oz. of cranberry juice 3x/day

30 point
difference in blood pressure between those who are lonely and those who aren't—so make a new friend!

19%
less likely to be hospitalized for heart disease if you get a flu shot

Twice-daily meditation sessions increase blood vessel dilation by

21%

1 oz.
of walnuts a day, in addition to a healthful diet, can make for a 30-50% reduction in risk of heart disease

talk to your doc
HDL (good) cholesterol below 50 mg/dL is a red flag for women. Ask your doctor for help.

drop 10 lbs.
and thwart the likelihood of developing type 2 diabetes and related heart complications

26%
decrease in risk of heart disease when you sip half a glass of red wine a day (but no more!)

10 grams
of fiber daily decreases total cholesterol

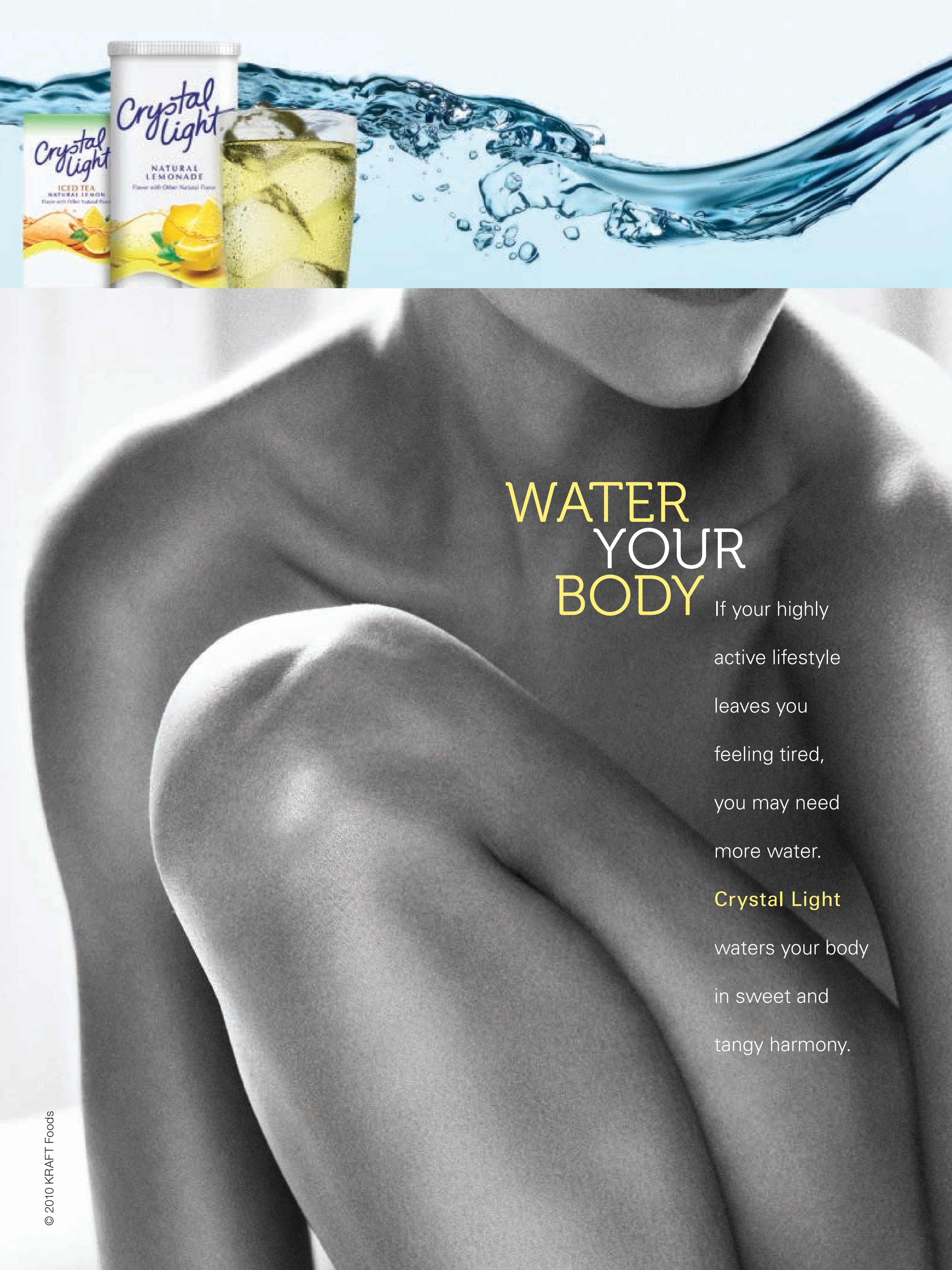
20 mins.
napping, 3x/week, will lessen your likelihood of dying of heart disease

holding hands
slows your heart rate by 5 beats per minute, reducing stress

>> study Up

Studies have shown that small steps can dramatically help your heart. Each of these risk reduction numbers is based on separate studies, but the benefits all add up to a healthier you.

ILLUSTRATION: HEADCASE DESIGN


Crystal Light
ICED TEA
NATURAL LEMON
Crystal Light
NATURAL LEMONADE
WATER
YOUR
BODY
If your highly active lifestyle leaves you feeling tired, you may need more water.
Crystal Light waters your body in sweet and tangy harmony.
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healthnews

THE HEALTH NEWS YOU NEED TO STAY WELL

YOGAHAHAHA

If you're looking for a way to lower stress and inject joy into your life, let out a great guffaw. That's the premise behind laughter yoga, a routine that combines yogic breathing and movements with laughter. It's the brainchild of Madan Kataria, a physician in Mumbai, India, and his wife, Madhuri, a yoga instructor. The worldwide phenomenon began with a small group of people in a Mumbai park in 1995. Now there are more than 6,000 laughter clubs in 60 countries.

"Laughter yoga is more emotional than other forms of yoga, which tend to be more physical and precise," says Beth Shaw, a licensed yoga instructor and founder and president of YogaFit Training Systems. A typical hour-long class consists of periods of laughter, followed by breaks to practice yoga. What often starts as forced hahaha's soon turns into contagious laughter.

Find a laughter club near you at *LaughterYoga.org*.

{ by the numbers }

20

The percentage of people in the U.S. who suffer winter blues.

Winter depression, or blues, is a mild form of seasonal affective disorder (SAD) but is debilitating nonetheless. Here's how to send the blues away, says Dr. Rallie McAllister, a family physician in Lexington, Kentucky.

1. Soak up the sun, safely. "Keep curtains and blinds open to let in the light, and sit in a sunbeam whenever you can," says McAllister.
2. Choose comforting carbs. Carbohydrate-laden foods can positively impact your mood. Pick "good" carbs such as whole fruits, vegetables, and whole grains to avoid packing on the pounds.

got a juice guzzler?

According to the American Academy of Pediatrics, your teen shouldn't get more than two 6-ounce servings of juice a day. That's because the high levels of sugar in many juices can play a role in obesity. Always aim for 100 percent fruit juice fortified with calcium, vitamin D, or other vitamins and minerals, and you'll be enhancing good health, says Dr. Ann G. Kulze, founder of a wellness consulting firm and author of *Dr. Ann's 10-Step Diet*. It's best to choose "cloudy" juices like orange juice, blueberry juice, and pomegranate juice, which have more antioxidants. "Nutritionally, there's really not a better choice than fortified 100 percent orange juice," she says.

PHOTOS: VEER

Spring is in the air. Allergies aren't far behind.

This time of year you go nose to nose with allergens every day, so maybe it's time to ask your doctor about options, like prescription SINGULAIR. Most allergy medicines block histamine. SINGULAIR works differently by blocking leukotrienes, an underlying cause of allergy symptoms. Just one SINGULAIR once a day is proven to help relieve indoor and outdoor allergy symptoms – without causing drowsiness. Ask your doctor about prescription SINGULAIR, a different way to treat allergies.

IMPORTANT SAFETY INFORMATION: Side effects vary by age and may include headache, ear infection, sore throat, and upper respiratory infection. Behavior and mood-related changes have been reported, including agitation, aggression or anger, bad or vivid dreams, depression, anxiety, hallucinations (seeing things that are not there), irritability, restlessness, sleepwalking, suicidal thoughts and actions (including suicide), trembling, and trouble sleeping. Tell the doctor if you have these or any other side effects while taking SINGULAIR. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Patient Information on the adjacent page and discuss it with your doctor. To learn more about SINGULAIR, visit singulair.com or call 888-MERCK-95.

A DIFFERENT WAY TO TREAT ALLERGIES

ONCE-A-DAY
SINGULAIR®
(MONTELUKAST SODIUM)

MERCK patient assistance program

Having trouble paying for your Merck medicine? Merck may be able to help.
Call 888-MERCK-95 or visit merck.com/merckhelps.

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Patient Information
SINGULAIR® (SING-u-lair) Tablets, Chewable Tablets, and Oral Granules
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet you get each time you refill SINGULAIR, since there may be new information in the leaflet since the last time you saw it. This leaflet does not take the place of talking with your doctor about your medical condition and/or your treatment.

What is SINGULAIR*?

- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma and allergic rhinitis. SINGULAIR is not a steroid. Studies have shown that SINGULAIR does not affect the growth rate of children. (See the end of this leaflet for more information about asthma and allergic rhinitis.)

SINGULAIR is prescribed for the treatment of asthma, the prevention of exercise-induced asthma, and allergic rhinitis:

1. **Asthma.**
   SINGULAIR should be used for the long-term management of asthma in adults and children ages 12 months and older.

   Do not take SINGULAIR for the immediate relief of an asthma attack. If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
2. **Prevention of exercise-induced asthma.**
   SINGULAIR is used for the prevention of exercise-induced asthma in patients 15 years of age and older.
3. **Allergic Rhinitis.**
   SINGULAIR is used to help control the symptoms of allergic rhinitis (sneezing, stuffy nose, runny nose, itching of the nose). SINGULAIR is used to treat seasonal allergic rhinitis (outdoor allergies that happen part of the year) in adults and children ages 2 years and older, and perennial allergic rhinitis (indoor allergies that happen all year) in adults and children ages 6 months and older.

Who should not take SINGULAIR?

Do not take SINGULAIR if you are allergic to SINGULAIR or any of its ingredients.

The active ingredient in SINGULAIR is montelukast sodium.

See the end of this leaflet for a list of all the ingredients in SINGULAIR.

What should I tell my doctor before I start taking SINGULAIR?

Tell your doctor about:

- **Pregnancy**: If you are pregnant or plan to become pregnant, SINGULAIR may not be right for you.
- **Breast-feeding**: If you are breast-feeding, SINGULAIR may be passed in your milk to your baby. You should consult your doctor before taking SINGULAIR if you are breast-feeding or intend to breast-feed.
- **Medical Problems or Allergies**: Talk about any medical problems or allergies you have now or had in the past.
- **Other Medicines**: Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, and herbal supplements. Some medicines may affect how SINGULAIR works, or SINGULAIR may affect how your other medicines work.

How should I take SINGULAIR?

For adults and children 12 months of age and older with asthma:

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR every day for as long as your doctor prescribes it, even if you have no asthma symptoms.
- You may take SINGULAIR with food or without food.
- If your asthma symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, call your doctor right away.
- **Do not take SINGULAIR for the immediate relief of an asthma attack.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.
- Always have your inhaled rescue medicine for asthma attacks with you.
- Do not stop taking or lower the dose of your other asthma medicines unless your doctor tells you to.

For patients 15 years of age and older for the prevention of exercise-induced asthma:

- Take SINGULAIR at least 2 hours before exercise.
- Always have your inhaled rescue medicine for asthma attacks with you.
- If you are taking SINGULAIR daily for chronic asthma or allergic rhinitis, do not take an additional dose to prevent exercise-induced asthma. Speak to your doctor about your treatment of exercise-induced asthma.
- Do not take an additional dose of SINGULAIR within 24 hours of a previous dose.

For adults and children 2 years of age and older with seasonal allergic rhinitis, or for adults and children 6 months of age and older with perennial allergic rhinitis:

- Take SINGULAIR once a day, at about the same time each day.
- Take SINGULAIR every day for as long as your doctor prescribes it.
- You may take SINGULAIR with food or without food.

How should I give SINGULAIR oral granules to my child?

Do not open the packet until ready to use.

SINGULAIR 4-mg oral granules can be given:

- directly in the mouth;
- dissolved in 1 teaspoonful (5 mL) of cold or room temperature baby formula or breast milk;
- mixed with a spoonful of one of the following soft foods at cold or room temperature: applesauce, mashed carrots, rice, or ice cream.

Be sure that the entire dose is mixed with the food, baby formula, or breast milk and that the child is given the entire spoonful of the food, baby formula, or breast milk mixture right away (within 15 minutes).

IMPORTANT: Never store any oral granules mixed with food, baby formula, or breast milk for use at a later time. Throw away any unused portion.

Do not put SINGULAIR oral granules in any liquid drink other than baby formula or breast milk. However, your child may drink liquids after swallowing the SINGULAIR oral granules.

What is the dose of SINGULAIR?

For asthma—Take once daily in the evening:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet or one packet of 4-mg oral granules for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 12 to 23 months of age.

For exercise-induced asthma—Take at least 2 hours before exercise, but not more than once daily:

- One 10-mg tablet for adults and adolescents 15 years of age and older

For allergic rhinitis—Take once daily at about the same time each day:

- One 10-mg tablet for adults and adolescents 15 years of age and older,
- One 5-mg chewable tablet for children 6 to 14 years of age,
- One 4-mg chewable tablet for children 2 to 5 years of age, or
- One packet of 4-mg oral granules for children 2 to 5 years of age with seasonal allergic rhinitis, or for children 6 months to 5 years of age with perennial allergic rhinitis.

What should I avoid while taking SINGULAIR?

If you have asthma and if your asthma is made worse by aspirin, continue to avoid aspirin or other medicines called non-steroidal anti-inflammatory drugs while taking SINGULAIR.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild, and generally did not cause patients to stop taking their medicine. The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medicine).

The most common side effects with SINGULAIR include:

- stomach pain
- stomach or intestinal upset
- heartburn
- tiredness
- fever
- stuffy nose
- cough
- flu
- upper respiratory infection
- dizziness
- headache
- rash

Less common side effects that have happened with SINGULAIR include:

- increased bleeding tendency
- allergic reactions [including swelling of the face, lips, tongue, and/or throat (which may cause trouble breathing or swallowing), hives and itching]
- drowsiness, pins and needles/numbness, seizures (convulsions or fits)
- palpitations
- nose bleed
- diarrhea, indigestion, inflammation of the pancreas, nausea, vomiting
- hepatitis
- bruising
- joint pain, muscle aches and muscle cramps
- swelling

Behavior and mood-related changes have been reported: agitation including aggressive behavior or hostility, bad/vivid dreams, depression, feeling anxious, hallucinations (seeing things that are not there), irritability, restlessness, sleep walking, suicidal thoughts and actions (including suicide), tremor, trouble sleeping. Tell your doctor if you experience behavior or mood-related changes while taking SINGULAIR.

Rarely, asthmatic patients taking SINGULAIR have experienced a condition that includes certain symptoms that do not go away or that get worse. These occur usually, but not always, in patients who were taking steroid pills by mouth for asthma and those steroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, **you must tell your doctor right away if you get one or more of these symptoms**:

- a feeling of pins and needles or numbness of arms or legs
- a flu-like illness
- rash
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These are not all the possible side effects of SINGULAIR. For more information ask your doctor or pharmacist.

Talk to your doctor if you think you have side effects from taking SINGULAIR.

General Information about the safe and effective use of SINGULAIR

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use SINGULAIR for a condition for which it was not prescribed. Do not give SINGULAIR to other people even if they have the same symptoms you have. It may harm them. **Keep SINGULAIR and all medicines out of the reach of children.**

Store SINGULAIR at 25°C (77°F). Protect from moisture and light. Store in original package.

This leaflet summarizes information about SINGULAIR. If you would like more information, talk to your doctor. You can ask your pharmacist or doctor for information about SINGULAIR that is written for health professionals.

What are the ingredients in SINGULAIR?

Active ingredient: montelukast sodium

SINGULAIR chewable tablets contain aspartame, a source of phenylalanine.
Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

Inactive ingredients:

- 4-mg oral granules: mannitol, hydroxypropyl cellulose, and magnesium stearate.
- 4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
- 10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

What is asthma?

Asthma is a continuing (chronic) inflammation of the bronchial passageways which are the tubes that carry air from outside the body to the lungs.

Symptoms of asthma include:

- coughing
- wheezing
- chest tightness
- shortness of breath

What is exercise-induced asthma?

Exercise-induced asthma, more accurately called exercise-induced bronchoconstriction occurs when exercise triggers symptoms of asthma.

What is allergic rhinitis?

- Seasonal allergic rhinitis, also known as hay fever, is triggered by outdoor allergens such as pollens from trees, grasses, and weeds.
- Perennial allergic rhinitis may occur year-round and is generally triggered by indoor allergens such as dust mites, animal dander, and/or mold spores.
- Symptoms of allergic rhinitis may include:
  - stuffy, runny, and/or itchy nose
  - sneezing

Rx only
US Patent No.: 5,565,473

Issued August 2009

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BHG0210-301

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great ginseng

Ginseng is hardly a new health remedy; the Chinese have been using it for thousands of years. The latest news is that American ginseng has now joined the lineup of natural treatments for the common cold.

In a recent Canadian study, more than 300 adults who had at least two colds in the previous year took an American ginseng supplement or a placebo for four months. The result? People in the ginseng group got a lot fewer colds than those in the placebo group. And when they did get a cold, the symptoms were much less severe.

The ginseng supplement, known as Cold-Fx, can be found in most pharmacies. The standard daily dose for cold prevention is 200 milligrams; for active colds, it's 300 milligrams. "The research on this product is so significant that in Canada, it is allowed to be sold with a specific health claim for cold and flu prevention," says Ontario pharmacist Sherry Torkos, author of *The Canadian Encyclopedia of Natural Medicine*.

Q&A: What new nutrient should I look for in my multivitamin?

ANSWER: If you're a man, look for lycopene, and if you're a woman, seek out more calcium and vitamin D, says Nicole Reed Benameur, R.D., a clinical dietitian with The Ohio State University Medical Center in Columbus. "Vitamin D is reemerging as a 'look-for' nutrient in daily multivitamins for its role in calcium metabolism, for those that follow a vegan diet, and for certain chronic disease states," says Benameur. "Women often require more calcium and vitamin D than men, while men need lycopene for prostate health. This may be presented in the form of an antioxidant blend added to the multivitamin."

Because of these unique needs, Benameur recommends taking advantage of another growing trend in multivitamins: separate formulations for women and men. To review the safety of multivitamins and find the right one for you, check out Consumer Laboratories (*ConsumerLab.com*) or the National Institutes of Health Office of Dietary Supplements (*ods.od.nih.gov*).

PHOTOS: JUPITER

-VICTORY-
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Meal 2: Special K™ Protein Shake

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www.LiceMD.com

{ doctors on call }

Wondering about the latest fitness trend? Have a question about your child's—or your own—health? Our Better Homes and Gardens® new health advisory panel of doctors is ready to provide answers. E-mail your question to BHGfeatures@meredith.com. The doctors are in.

{ five to buy }

healthy, hearty soups

When chilly weather settles in, reach for a can or box of soup. Choose one of these for both flavor and nutrition. —EDIE SHAW-EWALD, R.D.

CAMPBELL'S V8 Taking an inspirational spin from the V8 line of juices, Campbell's has cooked up a line of veggie-laden soups. The V8 Garden Broccoli was our favorite.

AMY'S ORGANIC The protein-packed Black Bean Vegetable provides 5 grams of fiber in a cup to keep you feeling full long after you've finished eating.

DR. MCDOUGALL'S RIGHT FOODS Lots of protein, lots of fiber, and gluten-free, this was one of the best store-bought vegetable soups we tasted. There are six others in the line that are equally good to try out.

HEALTH VALLEY ORGANIC With only a smidge of sodium—20 milligrams per cup—and plenty of lentils, this soup is a nutritional powerhouse. Boost the flavor with a sprinkling of cumin, hot sauce, or pepper.

CAMPBELL'S SELECT HARVEST These soups are made with whole grains and are low in calories and unhealthy fats without tasting like it. Our pick was the Savory Chicken and Brown Rice.

PHOTO: KATHRYN GAMBLE

Got a cough?

For long lasting relief, give mucus the heave-ho.

Only Mucinex® DM quiets coughing and breaks up mucus for 12 hours.*
When mucus causes coughing and chest congestion, it can make you feel miserable. Only Mucinex DM breaks up mucus and quiets coughing to give you 12 hours of long lasting relief.

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Mucinex in. Mucus out.®

Use as directed.

*per dose

www.mucinex.com

two for the road

Make a mother-daughter getaway the trip of two lifetimes.

by LORIE A. PARCH

Marybeth Bond took her daughter to a resort spa a few years ago before she went off to college. “It was really a treat,” she says. “We took walks and ate great food. It was like a long goodbye, and I had lots of time to think: *Is there anything else I want to say to her?*”

Bond, author of the popular National Geographic travel guides *50 Best Girlfriends Getaways in North America* and *Best Girlfriends Getaways Worldwide,* says mother-daughter vacations are a booming category within the wildly popular women-only travel trend. April Merenda, president and co-founder of Gutsy Women Travel (*gutsywomentravel.com*), says mother-daughter pairs have doubled since she started the company in 2002. Moms and daughters are so busy these days, she adds, that many feel they need to schedule and commit to quality time together.

If you need help planning your own mother-daughter adventure that goes above and beyond an afternoon shopping expedition, use these experiences as springboards for inspiration.

FOR CRAFT LOVERS

Scrapbooking enthusiasts Barbara King-Oberg of Cherry Valley, California, and her daughter, Renee Ortiz, set sail on an organized scrapbooking cruise to Mexico in 2007 and have traveled together often over the past 12 years. Their shared hobby spurs creativity as well as good memories, says Barbara. “We encourage each other when we’re stuck for ideas,” she says. “These times together give us the opportunity to stay close.” Renee agrees: “We have always been close—except for the teenage years!—so this just helps keep our relationship strong.”

Stitching a quilt, beading a beautiful necklace, or assembling a scrapbook also leaves you with a tangible memory of your time together.

PHOTO: VEER

Something alien to the world of multigrain.
Taste.
New
stacked with taste
Pringles
multi grain
truly original
Everything pops with Pringles Multigrain.
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Choose Bagel Bites.®

Bagel Bites® Snacks are so simple—just crispy bagels, tomato sauce and real cheese, with a choice of delicious toppings. Zero grams trans fat per serving. Baked, never pre-fried. Looks like your snack choice just got a little easier.

mybagelbites.com

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Trips to Try: Sew Many Places (*sewmanyplaces.com*) hosts group cruises and tours all over the world for quilters, sewers, embroiderers, crocheters, beaders, weavers, and scrapbookers.

FOR RELAXATION SEEKERS

Lisa Mazor of Antioch, California, loves the tranquillity, natural beauty, and healthy-living focus of Rancho La Puerta, a Mexican spa her mother-in-law, Maurine, has treated her to twice. She also treasures the one-on-one time with Maurine and the easy groove they fall into at the resort. "It gives us time to talk about things we normally wouldn't when we're together with our husbands," Lisa says."

Trips to Try: Spas are mainly about massages and downtime. Scottsdale's FireSky Resort & Spa (*fireskyresort.com*), with its complimentary daily wine hour and on-site Jurlique spa, is a popular warm-weather getaway. Many spas also offer more physical challenges, such as the Miraval Arizona Resort & Spa's Equine Experience and Quantum Leap II Experience (*miravalresorts.com*).

FOR ADVENTURERS

Mary Alice Willson has gone on five memorable quests with her daughter, Laurakay Louke, also of Bend, Oregon, ranging from hiking and snorkeling in Hawaii to a five-day horse-packing trip in Utah. Laurakay says adventure spices the experience. "We lose our identities as mother and daughter. It's a time when we're friends and are truly in the moment. We can enjoy the good and laugh at the bad."

Trips to Try: Adventure Women's popular Montana Guest Ranch Adventure thrills with whitewater rafting, horseback riding, hiking, and fly-fishing over a long Fourth of July weekend (*adventurewomen.com*).

FACEBOOK FRIENDS

We asked about your mother-daughter vacation experiences.

"My mom and I went to Napa together one weekend and had a blast. We laughed and bonded in a way we never had before."
Andrea Wurnitsch

"A few months before I got married, my mom took me to Hilton Head for a week. We did a lot of relaxing, which every bride-to-be needs. I will never forget that time with her."
Lin Eason Harris

"Spring and I took an outstanding road trip in New Mexico. She drives like a maniac in the mountains and pulls onto the freeway at 30. Why can't she do 30 in the mountains? Can't wait till the next road trip!"
AnnMarie Davis

"Took my 8- and 6-year-old girls to Mexico. Hiked the jungle, zip-lined, snorkeled, played in the sand, and danced. Amazing adventure."
Natalie Tkac

"My sisters and mom went to Puerto Rico. It was beautiful, but a huge storm hit the last night. Our villa took a pounding. That's a vacation we will never forget!
Chasidy Ramierez

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Bagel Bites®

Made with
Real Cheese
8g Protein per serving
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Nutritional information for Totino's found on product packaging. Comparisons based on 1 serving of Bagel Bites cheese and pepperoni, and 1 serving of Totino's pepperoni Pizza Rolls.
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basics training

Your child may be years away from leaving home, but the time to start teaching grown-up life skills is now.

Otherwise, you could find yourself in Duston Spear's shoes. Spear, 58, is a painter and art teacher from Pound Ridge, New York, and she remembers the panicked phone call from her daughter, then a student at New York University in Manhattan. "Mom?," she cried, "the ATM machine isn't working! It won't give me any money." It took a few minutes, but the concerned mom figured out the problem: "Honey, you have to put money into the bank before you can take it out of the ATM." Teaching these life lessons now will lead to functioning adults later.

1 How to keep house

When to teach: ages 5–7
Key teaching tool: Basic chores

Life lesson plan:

▶ Establish two specific, daily chores. For example, at 5, kids can put toys away or help set the table.

When to teach: ages 8–10
Key teaching tool: Chores with consequences

Life lesson plan:

▶ Let them watch and help you. Then let them complete tasks on their own. Praise a job well done. If a chore is done incorrectly, suggest a trick that will help correct the problem for next time.

▶ Set up a "star chart" reward system, awarding a star for a week's worth of successfully completed chores. Stars are redeemed for money, privileges, or other rewards. Apply previously agreed-upon consequences if chores aren't done.

2 How to manage health care

When to teach: ages 16–17
Key teaching tool: A pre-college visit to the doctor explaining routine concerns

Life lesson plan:

▶ Arrange for him to talk with your family doctor in private.

▶ Teach him how to get a prescription filled.

▶ Explain how to use health insurance.

▶ Make sure your child knows how to use the college's health facility to find a doctor.

"Most kids are positively clueless about the basics of taking care of their health." James Fitzgibbon, M.D., director of adolescent medicine at Akron Children's Hospital in Ohio.

3 How to avoid risky behavior

When to teach: ages 10–17
Key Teaching tool: Role playing

Life lesson plan:

Help your child brainstorm options for getting herself out of scary situations safely. Don't stop until you're satisfied she knows what to do, and work in brush-up sessions on occasion and before events. Have her act out these scenarios:

▶ You're being bullied at school. What do you do?

▶ You're at a party and one of your friends is getting drunk. What do you do if someone starts taking advantage of her?

▶ You're in the backseat of a car. The driver acts impaired and the car is weaving around.

by CHRISTIAN MILLMAN

PHOTOS: (TOOTHBRUSH) VEER; (BOY) VEER MARKETPLACE

Vyvanse: Shown to provide consistent ADHD symptom control even at 13 hours after taking.

7:00AM
Ate breakfast and took Vyvanse.

12:00PM
Paid attention in class.

5:00PM
Kept my focus at practice.

8:00PM
Helped my sister with her homework.

CONSISTENTLY
Vyvanse™ CII
(lisdexamfetamine dimesylate) capsules

In a clinical study of children with ADHD, Vyvanse was shown to provide ADHD symptom control at 90 minutes after taking.

Ask the doctor about Vyvanse.
1-866-630-1283, vyvanse.com

IMPORTANT SAFETY INFORMATION

Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Talk to your health care provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your healthcare provider may stop Vyvanse treatment if a problem is found during these check-ups.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the following page.

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You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)
- tics or Tourette's syndrome

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Last Modified: 05/2009 VYV-01080

Shire

4 How to manage money

When to teach: ages 5–10
Key teaching tool: Allowance

Life lesson plan:

▶Choose between a chore-based, no-strings-attached allowance, or one that combines a base amount plus bonuses for chores.
▶Let your child know the conditions for getting the allowance.
▶Set the amount. One rule of thumb: 50 cents to a dollar per year of age.
▶Define spending guidelines.
▶Establish amount to be saved. (Hint: Present her with a fun piggy bank).
▶Be consistent. Give the allowance on the same day every week.

When to teach: ages 11–13
Key teaching tool: A savings account

Life lesson plan:

▶Set up a meeting with your child and a bank manager to discuss the difference between savings and checking accounts, monthly charges, fines, and interest rates

Ages 14 and up
Key teaching tool: A part-time job (including babysitting, dog walking, or other odd jobs)

Life lesson plan:

▶Have him open a checking account.
▶Agree on how pay should be used: Will some be eamarked for a car or college?
▶Discuss taxes, and show how FICA and income taxes are deducted.
▶Introduce the "paying yourself first" concept. Encourage your child to deposit some money in a savings account before spending any of it.

"It would be great if tweens could ask their parents about checkbook management, but only about 20 percent of adults themselves balance a checkbook these days." Christine D. Moriarty, a Certified Financial Planner and president of MoneyPeace, Inc.

5 How to ask for help

When to teach: age 12
Key teaching tool: Open, honest, ongoing communication

Life lesson plan:

▶Provide phone numbers and access to her pediatrician.
▶Make sure she knows the school nurse, guidance counselor, or other appropriate health professionals.

"Whether it's for themselves or for a friend who's in trouble, kids should know that it's always appropriate to seek outside advice or support." John W. Moses, M.D., associate professor of pediatrics at Duke University Medical Center.

PHOTO: VEER

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6 How to care for a car

When to teach: ages 14–15
Key teaching tool: Your car's owner's manual

Life lesson plan:

▶Even before a child learns to drive, give him the owner's manual and point out where the maintenance information is located.

▶Teach him your car's maintenance schedule and invite him to join you on a routine service visit. Make sure he knows when fluids are changed and tires get rotated, for example.

▶Create fun quizzes to test him on what he learns. (Bonus: You may pick up need-to-know info about your car, too!)

▶Have him create a plan for what to do if the car breaks down.

When to teach: ages 15–16
Key teaching tool: Tires

Life lesson plan:

▶Teach him how to change and properly inflate a tire. Your owner's manual lists the correct tire pressure. No manual? Check the inside of the driver's-side door.

> "More than 20 percent of all cars are driving on under-inflated tires. When tires aren't inflated properly, they wear out more quickly, waste fuel, or can go flat."

John Neilsen, national director of approved auto repair for the Automobile Association of America.

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Negotiating is tough enough for most people. The idea of bartering with strangers can be downright scary. Fortunately, online brokers are here to help with this old-school method of business. Check out who's offering services and stuff—and jump in yourself—at free sites such as *TradeAFavor.com* (requires signup through Facebook) and *Swapthing.com* (requires registration).

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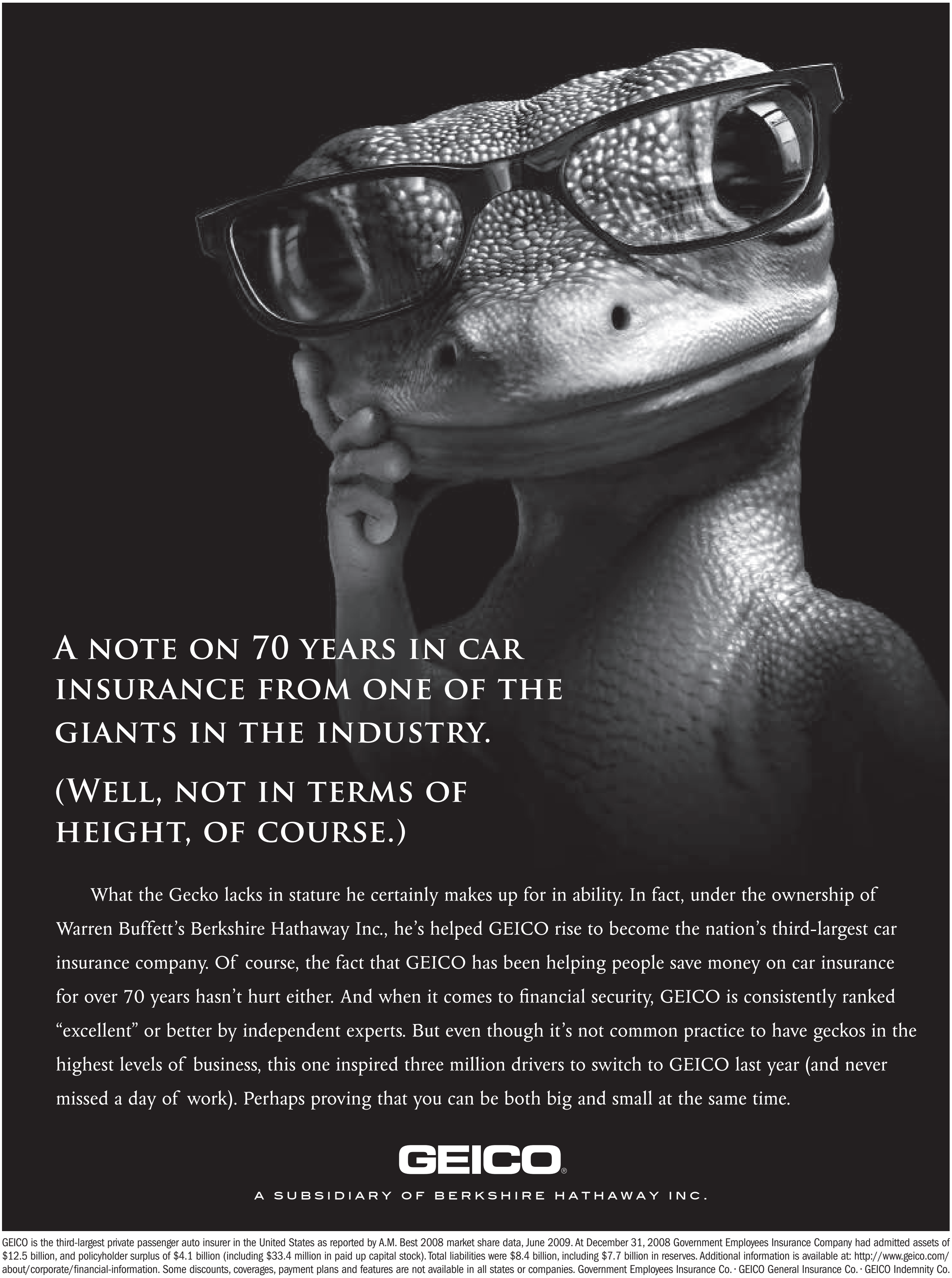

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- 1 cup canned black beans, rinsed and drained
- 1 small tomato, seeded and chopped
- 2 tablespoons canned diced green chilies
- 2 cups shredded Mexican cheese blend
- ¼ cup snipped fresh cilantro
- Tortilla chips or crackers

1. Line a small colander with 3 layers of 100% cotton cheesecloth or a clean paper coffee filter. Suspend colander over a bowl and spoon in yogurt. Cover with plastic wrap and chill overnight to create yogurt cheese.
2. Remove yogurt cheese from strainer; discard liquid. Transfer to a large bowl. Stir in garlic, cumin, and salt. Fold in sweet pepper, corn, black beans, tomato, green chilies, 1½ cups shredded Mexican cheese blend and 3 tablespoons cilantro.
3. Spoon into crock or spread on a platter. Top with remaining Mexican cheese blend and cilantro.
4. Serve with tortilla chips or crackers.

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Page 28: luster dust on cookies—Jester Cake Supply; lusterdust.com. **Piping gel, mylar stencil**—Wilton; wilton.com.
Page 30: meringue—Miss Meringue; for retailer 800/561-6516; missmeringue.com. **Cupcake stand,** Martha Stewart—Macy's; for a store location macys.com. **Martini glasses**—Target Stores; target.com.
Page 32: muffin/cupcake papers—your local grocery. **Paper and supplies**—Michael's Arts & Crafts; 800/642-4235; michaels.com. **Card stand**—Target (see previous). **Votives**—Yankee Candle; yankeecandle.com. **Colored twine**—Michael's Arts & Crafts (see previous). **Royal frosting**—Chandlers Cake & Candy Decorating Supplies; 603/223-0393. chandlerscakeandcandy.com.

BEYOND BEIGE
Pages 35-41: interior designer—Sasha Emerson Design; sashaemersondesign.com. **Color consultant**—Philippa Radon; philipparadon.com/blog.
Pages 36-37: vintage arm chairs—1st Dibs; 1stdibs.com. **Fabric,** Tyler Graphics—Thomas Lavin; 310/278-2456; thomaslavin.com. **Octagon table, chandelier, coffee table, drapes, porch furniture**—vintage, discontinued, or personal belongings. **Sisal rug**—Linoleum City; 323/469-0063; linoleumcity.com. **Painting above mantel,** C.W. Slade "Field Theory"—Frank Picture Gallery; 310/828-0211; frankpicturegallery.com. **Wall color,** #410 (Shitake)—C2 Paint; c2paint.com. **Ceiling color,** #1299 (Crimson)—Benjamin Moore & Co.; benjaminmoore.com. **Cushion, pillows,** custom—Sasha Emmerson Design (see previous).
Pages 38-39: pendant lights, countertops—vintage, discontinued, or personal belongings. **Shades**—Christopher Farr; christopherfarr.com. **Cabinet paint,** #AB-148 (Portico), **paint inside of shelves**—#AB-150 (CapStone)—Albright Paint; 800/410-5444; abpainting.com. **Bar stools**—American Rag; shop.amrag.com. **Sofa,** through a designer—Rogers & Goffigon Maison; 323/935-3157. **Wicker chair, cushion**—Loom USA; loom-italia-usa.com. **Sisal rug**—Linoleum City (see previous). **Leather ottoman**—Sasha Emerson Design (see previous). **Dining table**—Mike Fair Custom Funiture; 310/836-3401. **Cushion fabric**—Donghia Furniture/Textiles, Ltd.; 800/366-4442; donghia.com. **Dining chair, chandelier**—vintage, discontinued. **Wall color,** #145-20 (Cirrus Cloud)—Mythic Paint; 888/714-9422; mythicpaint .com. **Mirrored sconce**—Shades of Light; 800/262-6612; shadesoflight.com.
Pages 40-41: wall color, #HC-81 (Manchester Tan)—Benjamin Moore & Co. (see previous). **Area rug**—Stark Carpet Corp. (To The Trade); 212/752-9000; starkcarpetcorp .com. **Headboard, platform bed**—Sasha Emerson (see previous). **Fabric for bed**—Galbraith & Paul (to the trade); galbraithandpaul.com. **Throw pillows**—Pottery Barn; 800/922-5507; potterybarn.com. **Sconces**—Paul Marra, LA; 310/659-8190; paulmarradesign.com. **Chair fabric**—Donghia Textiles (see previous). **Girls' room wall color,** #766, (Delano Waters)—Benjamin Moore & Co. (see previous). **Chandelier, chair and desk lamps**—vintage, discontinued, or personal belonging. **Comforter fabric**—Pine Cone Hill (to the trade); for a retail store; pineconehill.com. **Drapery trim**—Sasha Emerson Design (see previous).

CITRUS
Page 43 produce—Melissa's Produce; 800/588-0151; Melissas.com.
Page 44: sofa, #3076-03 "Camden" (Bamboo)—Lee Ind.; 800/892-7150; leeindustries.com. **Nesting tables,** Thomas O'Brien Collection, **Buddha head**—Target Stores; target .com. **"Era" round coffee table**—no longer available. **"Flowers in Water" rug**—Emma Gardner Design, LLC; 860/567-5201; emmagardnerdesign.com. **Gourd table lamp** (White), **English barrel shade** (Goldenrod), similar styles available—Restoration Hardware; 800/762-1005; restorationhardware.com. **"Kyoko" velvet pillow** (Charteuse)—Company C; for retail locations; 800/818-8288; companyc.com for retail locations. **"Symmetry" pillow** (Butterscotch)—The Sandor Collection; 860/738-1417; thesandorcollection.com.

DREAM ROOM
Pages 46-52: bed throughout, "North Haven" (Ivory)—L.L. Bean; llbean.com.
Page 46: wallpaper, #14218 Eco Chic Collection (Blue)—Seabrook; seabrookwallpaper.com. **Braided Rug,** "Basketweave" (Parchment)—Capel Rugs; capelrugs.com. **Semikolon boxes**—The Container Store; containerstore .com. **Art,** from Susyjack 2010 calendar—susyjack.com. **Frames**—Kohl's; kohls.com.
Page 48: paintable beaded board wallpaper—Graham & Brown; 800/328-8452; grahambrown.com. **Pillow Cases,** "Suite Organic" (Bright Pink)—Pottery Barn Teen; 866/472-3001; pbteen.com. **Basketweave blanket** (Dark Ivory); Pottery Barn; 800/922-5507; potterybarn.com. **Braided Rug,** "Earthright" (Almond 600)—Capel Rugs; capelrugs.com. **Framed photograph,** "Pretty Pink Blossom Flowers" by Abby Rex—Art.com.
Page 50: wallpaper, "Bordeaux Collection" (Butter)—Thibaut; 800/223-0704; thibautdesign.com. **Sheets and pillowcases** "Banded Hemstitch" (Sundrop Yellow)—Pottery Barn (see previous). **Simrin tray on wall**—Velocity Art & Design; velocityartanddesign.com

THE EVERYTHING ROOM
Pages 57-62: interior designer—Elaine Griffin, New York, NY; elainegriffin.com. **General contracting**—Ron P. Stanton Contracting; 914/474-1701. **Floor refinishing**—Tacinelli Flooring; 845/229-7263. **Wall paper installation**—Doug Bera, Star Wallpapering; 845/206-7114; dbera@ optonline.net. **Painter**—Alister McLean; 845/742-5549. **Construction supplies, paint**—Lowe's Home Improvement Stores; lowes.com.
Pages 58-59: paints: wall, #6005-6C (Green Jalapeno), **trim,** #7002-2 (Oyster Pearl), **ceiling,** #7006-11 (Decadent), Valspar Paint—Lowe's; lowes.com. **Area rug** (carpet), "Exotics Shaba Cheetah"—Karastan; karastan.com for a retailer. **Drapery fabric,** Dupioni silk (Seoni), **border fabric,** Dupioni silk (Sienna), **shades,** "Waterfall" (Ottawa)—The Shade Store; theshadestore.com. **Coffee table** (black cubes)—Home Decorators Collection; 877/537-8539; homedecorators.com. **Blue/green/brown stripe pillows**—Lounge Furniture; loungefurniture.com. **White lamps/ shades, orange pillow w/embroidery dots**—HomeGoods; 800/614-4663; homegoods.com for store locator (product line varies). **Side tables, brown pillows w/lattice, green felt pillow, blue w/border**—Target Stores; target.com. **Pale blue quilted pillow, throw on daybed**—Pottery Barn; 800/922-5507; potterybarn.com. **Sofas** (79″ and 89″), "Manchester" (Camel microfiber), **daybed,** "New Canaan" custom cut to 27″ height, (Moroccan Stripe), **art above sofa,** "Blue Reflections"—Ballard Designs; 800/367-2775; ballarddesigns .com. **Solid blue pillow,** Ryan Studio—Gracious Home; gracioushome.com.
Page 60: wall art, "By the Sea 1,2,3" by Jenny Nelson—Art That Fits; artthatfits.com. **Framing**—Catskill Art & Office Supply; 845/331-7780. **"Strut" medium table,** (Watermelon)—Blu Dot; 612/782-1844; bludot.com. **Lucite chairs,** "Tobias"—IKEA; 800/434-4532; ikea.com. **Lamps**—Lounge Furniture (see

previous). **Computers,** "Vaio"—Sony Electronics; 800/222-7669; sony.com. **Computer mouse**—Logitech Anywhere Mouse Mx; amazon.com/electronics. **Stacked Lucite boxes, cubes, trays**—The Container Store; 888/266-8246; containerstore.com for a catalog. **Cream pillow/turquoise fringe**—HomeGoods (see previous).
Page 62: foyer wallpaper, "Anguilla Weave" (Mocha)—Thibaut Design; through your local retail; thibautdesign.com. **Sauder storage cabinets painted white,** #261543 base, **glass doors,** #26256—Lowe's (see previous). **Docking station** (Espresso)—West Elm; 866/937-8356; westelm.com. Flat screen TV, #SV422XVT (internet connected)—Vizio; vizio.com. **In cabinet,** "Sonos" #CR200 **controller,** "Sonos" **music system**—Amazon Electronics; amazon.com/electronics. **Blue glass vases, photos**—IKEA (see previous).

ISN'T IT ROMANTIC
Pages: 76-80: interior design—Breathing Room Design, Leslie Sachs; 323/692-9025; breathingrm.com.
Pages 76-77: wall color, #2096-30 (Grandfather Clock Brown)—Benjamin Moore & Co.; benjaminmoore.com. **Round table, lamp, brown chair, green chair, sconces**—vintage, discontinued or a personal items. **Square lamp shade**—Kim Salmela Atelier; 323/782-1290; kimsalmela.com. **Pink sofa,** through designer—Bobrosky; bobrosky .com. **Brown chair fabric**—Lleonart's; 310/837-3950. **Green chair fabric,** through designer—Bobrosky, bobrosky.com. **Rug**—The Rug Co.; therugcompany.com.
Pages 78-79: FU Dog lamp—Filament Lighting; filamentlightingla.com. **Mirror**—Bombay Co.; bombayco.com. **Exterior door paint,** #309310 (Painter's Leaf)—Mann Borthers; mannbrothers.com. **Caned chair, ottoman**—vintage. **Chair fabric**—Diamond Foam & Fabric; 323/937-8742. **Ottoman fabric,** Imperial Trellis (Treillage) House of KWID Collection—F. Schumacher & Co.; fschumacher.com. **Rug,** "Akdamar Green"—The Rug Co.; therugcompany.com. **Drapery**—Tom Roth Draperies; 323/655-5162. **Lamp shade,** linen—Hye Lighting; 818/345-5544; hyelighting.com. **Lucite chair**—Paston Rawleigh Everett; 310/652-4060; seating-restaurant.com. **Chair fabric,** Waverly linen—F. Schumacher (to the trade); 800/523-1200; decoratewaverly.com. **Kitchen cabinets**—Gluzzer Construction; 818/707-3878. **Cabinet color,** #2146-40 (Pale Avacado)—Benjamin Moore & Co. (see previous). **Hardware**—Liz's Antique Hardware; 323/939-4403; lahardware.com. **Countertops,** Absolute granite, custom—Tile & Marble; 818/989-3217; cgtile.com. **Wall color,** #2112-50 (Stormy Monday)—Benjamin Moore & Co. (see previous). **Cork floor**—Carl Marias Carpet Design; 310/659-5722. **Shades** (Black)—Aero Shade Co.; 323/655-2411. **Faucet,** "Concinnity," **sink,** #6307 Rohl—Design Bath and Hardware; designbath-hardware.com. **Wall color,** #2089-50 (Salmon Berry), **lower color,** #2096-40 (Gaucho Brown)—Benjamin Moore & Co.; benjaminmoore.com. **Regency table, chairs, lamp, clock**—vintage. **Chair fabric** (Blue/Grey) linen—Lleonart Upholstery Co.; 310/837-3950. **Rug,** Diane von Furstenberg "Tribal Diamond"—The Rug Co.; therugcompany.com. **Chandelier, faux bamboo iron lantern**—Fantasy Lights; 323/922-7244; fantasylights.com. **Blue glass, turquiose Murano, silver dish**—Retro Gallery; 323/936-5261; retroglass.com.
Page 80: wall color, #2113-60 (Porcelain)—Benjamin Moore & Co. (see previous). **Bed**—Mogul; 323/658-5130; mogullife.com. **Bed fabric,** LAMAK (Robin's Egg)—Raoul Textile Library; 310/657-4931; raoultextilelibrary .com. **Bedding**—Bloomingdale's; bloomingdales.com. **Pillows**—Bobrosky (see previous). **Blinds**—Select Drapery Enterprises; 310/826-5600; selectdraperyinc .com. **Ceiling fan,** Acero F601-BH/BN—G Squared Art; g2art.com. **Desk, chair, painting, silver tray**—vintage. **Lucite lamp**—Grace Home Furnishings; 310/476-7176; gracehomefurnishings.com. **Mercury glass bottles**—Architexture; 818/760-3399.

SHELF LIFE
Page 84: Broder System lamp, rug, galvanized garbage can, similar galvanized bins—IKEA; 800/434-4532; ikea.com. **Stool,** similar—Design Within Reach; for a catalog call 800/944-2233; dwr.com. **Three pocket organizer, file cabinet, small drawers, ribbon holder, yellow pot, scales, galvanized flower bucket**—vintage, discontinued, or personal belongings. **Hardware on file,** similar—The Home Depot USA; for a store location; homedepot.com. **Wire shelf unit**—discontinued. **Picture frame**—Pottery Barn; 800/922-5507; potterybarn.com. **Stapler, pencil sharpener**—The Container Store; 888/266-8246; containerstore.com for a catalog.
Page 86: fabric storage containers—The Container Store (see previous). **Galvanized stool,** similar style—Design Within Reach (see previous). **Boot trays**—Grandview Commercial Rabbitry; grandviewrabbitry.com. **Bins,** similar styles—IKEA (see previous). **Card tins**—The Container Store (see previous).
Page 88: yellow pot, scales, ribbon container, twine holder—vintage, discontinued, or personal belongings. **Tags**—Packaging Specialties; 206/762-0540; ps-stores.com. **Galvanized bins,** similar styles—IKEA (see previous). **Card tins**—The Container Store (see previous).

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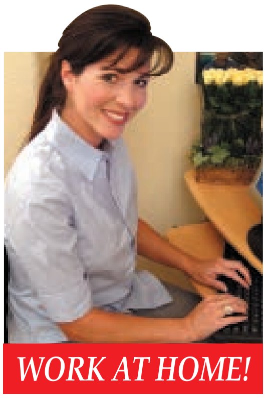

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RESOURCES

THE VIEW FROM HERE

Pages 93-98: landscape designer—David Morello, David Morello Garden Enterprises, Inc.; 713/880-3244; dmge.com; e-mail: davidmorello@dmge.com. **Outdoor furniture, rocker cushion**—David Stone Interior Design, 2016 Haddon St., Houston, TX 77019; 713/520-1500. **House architect, front window screens**—Brett Zamore Design; 713/623-1926; brettzamoredesign.com. **Rocker**—garage sale. **Rocker cushion materia**—Sunbrella; 336/221-2211; sunbrella.com. **Large square Italian clay pots**—Plants & Petals; 800/424-7382; plantsnpetals.com. **Stone path**—Dove Grey Fieldstone; local sources. **Side gravel path,** decomposed granite—check your local dealers. **Front door,** "Craftsman"—The Detering Co.; 713/869-3761; deterring.com. **Teak bench**—Kingsley Bate; 703/361-7000; kingsleybate.com. **Porch lantern lights**—Arroyo Craftsman; 626/960-9411; arroyo-craftsman.com/products.aspx.

SPRING SOCIAL

Pages 100-103: 'Palace Purple' Heuchera—Big Dipper Farm; 360/886-8133; bigdipperfarm.com. Park Seed Co; 800/213-0076; parkseed.com. White Flower Farm; 800/503-9624; whiteflowerfarm.com. **'Uncle Tom' tulips**—Brent and Beck's; 804/693-3966; brentandbeckys.com. **'Double Focus' tulips**—Holland Bulb Farms; 800/689-2852; hollandbulbfarms.com. Keukenhof; keukenhof.nl; for a brochure email: info@keukenhof.nl. **Perennials**—Plant Delights Nursery; 919/772-4794; plantdelights.com. **Annuals**—Ball Horticultural Co.; simplybeautifulgardens.com. Proven Winners; proven winners .com. **Grape hyacinth, narcissus, tulips, squill**—Brent and Beck's (see previous).

FEBRUARY GARDENER

Pages 110-114: container succulents—Lowe's; lowes.com and Home Depot; homedepot.com, or go to Provenwinners.com to locate retailers that carry Proven Winners succulents.

STYLE

Pages 119-120: "Cheryl" sandal, $395, **leather wrap-up heel,** $325—Tory Burch; toryburch.com.

BEAUTY

Page 125: Wet N' Wild Silk Finish lipstick—mass market retailers nationwide. **Shiseido**—fine department stores nationwide, sca.shiseido.com. **Elizabeth Arden Color Intrigue Effects lipstick**—Elizabeth Arden counters nationwide, elizabetharden.com. **Giorgio Armani**—giorgioarmanibeauty .com. **Maybelline Color Sensational lipcolor**—mass marketretailers nationwide.

Page 126: Solano SuperSolano 3700 Moda dryer—beauty supply stores nationwide; 800/323-3942, solanopower.com. **Infiniti by Conair i-Series Folding Handle Hair Dryer**—Conair. com. **Babyliss Pro TT Tourmaline Dryer**—folica.com. **Cover Girl Simply Ageless Blush**—mass market retailers nationwide. **Dove Deep Moisture Nourishing Body Wash**—mass market retailers nationwide. **Vaseline Sheer Infusion**—mass market retailers nationwide. **Boots Protect & Perfect Intense Beauty Serum**—Target; target.com, CVS pharmacies, and Shoppers Drug mart stores.

Page 128: Olay Regnerist UV Defence Regeneratin, SPF 50—mass market retailers nationwide. **Ole Henriksen Sheer Transformation Perfecting Crème**—Sephora stores nationwide, olehenriksen.com. **Mary Kay Time Wise SPF 25**—marykay.com. **Alpha Hydrox Retinol Night ResQ**—drugstore.com. **Obagi N-Derm Physical UV Block SPF 32**—lovelyskin.com. **Neutrogena Oil Free Moisture for Sensitive Skin**—mass market retailers nationwide, drugstore .com. **Aveeno Positively Ageless Daily Moisturizer**—mass market retailers nationwide. **Clinique Turnaround Concentrate Visible Skin Renewer**—department stores nationwide, Clinique.com. **Paula's Choice Skin Balancing Daily Mattifying Lotion**—paulaschoice.com. **MD Formulations Moisture Defense Antioxidant Hydrating Gel**—mdformulations.com.

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PLEASE NOTE THE FOLLOWING CORRECTIONS:

NOVEMBER 2009
EIGHT GREAT IDEAS FOR A GREEN REDO

Pages 90-96: flooring—American Hardwood Information Center at hardwoodinfo.com. Visit this helpful Web site to find out how to choose a wood floor that's environmentally responsible, to view samples of different wood species and stains, and to find manufacturers and retailers of flooring, cabinetry, and other wood products.

DECEMBER 2009
WINTER GREEN

Page 93: grapevine balls (6-, 8-, and 10-inch)—Brena International; 800/772-0674; grapevineproducts.com.

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MARTHA FOSS

MARTHA FOSS' JOB as a flight attendant helped her in more ways than one when she decided to add a portico to her 37-year-old home. Dutch Colonials are a rarity in northern California, but layovers in Connecticut provided plenty of design inspiration. After drawing a sketch of what she wanted, Martha bartered travel passes for a formal plan that would stand up to strict earthquake codes. The elegant trim, brick, and new Dutch door with sidelights would make the original homeowner—a Nantucket transplant—proud. "Plus," Martha adds, "it's fun to have another room to decorate."

Send your I did it! to ididit@meredith.com.

PHOTO: JAMES CARRIERÉ

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